



Application for Fellows Membership in the Philippine College of Lifestyle Medicine

Qualifications for Fellows:

1. Applicants shall have been members of the Philippine College of Lifestyle Medicine for at least three years, completed the Fellowship training, and have contributed to the specialty as outlined in the following criteria. In addition, applicants must have one of the following qualifications:
 - a. Active in medical and lifestyle medicine practice, teaching or research in some relevant aspect of lifestyle medicine and certified in some other specialty of medicine recognized by the Philippine Medical Association.
2. After due consideration, the Board of Directors may waive a requirement.

Prior to application for PCLM Fellow status, the PCLM member must:

- a. Have three consecutive years of Diplomate membership, in good standing, as defined by the PCLM membership categories.
- b. Submit sponsorship letters, from three current PCLM Fellows, establishing the qualities of the applicant and worthiness of consideration for PCLM Fellow status. Past and present PCLM Officers, Directors and/or Advisors may also serve as one of the sponsors.
- c. Demonstrate a high standard of professional development.
 - Completed at least two (2) Lifestyle Medicine advancement trainings accredited by the PCLM (LM Coaching, Culinary Medicine, Diabetes Reversal, Physical Activity Science, Positive Psychology, etc.)
- d. Substantiate a significant contribution to PCLM's organizational functions, including participation in conferences, committees, press contact, liaison with other societies/colleges, PCLM publication contributions and/or participation in other official PCLM function.
 - Resource person in scientific sessions
 - Holding a chairmanship in PCLM working committees, councils, and commissions
 - Lead Author or Co-author of PCLM publications

Applicants must also submit an updated curriculum vitae that includes documentation consistent with the above requirements.

All required forms and paperwork must be complete prior to submission for board approval.

"PCLM Fellow" membership certificates will be mailed to qualified and approved applicants. Please allow two months for processing.

PCLM FELLOW - PROFESSIONAL LEADERSHIP POINTS SYSTEM

Members applying for Fellowship status must submit a Professional Leadership Points form. In addition to submission of a curriculum vitae, the applicant must also provide documentation supporting each set of points claimed.

- A minimum of 150 total points across both categories must be reached in order to apply for Fellowship. Both categories have a minimum number of points that must be fully documented at the time of application for Fellowship status. Both categories also have a maximum number of points that may be claimed thus promoting broad based leadership qualities in the field of lifestyle medicine.
- As is typical with other professional societies, the previous ten years may be included in the accumulation of points.
- All documentation supporting the Professional Leadership Points form must be labeled with the corresponding letter and number of the form. Examples would be as follows: A1 – Full updated PCLM Membership Status for 3 years from 2012 to 2015 – 20 points; A10: Authored article, “The Effectiveness of Shared Medical Appointments in Changing Lifestyle Behaviors for the management of Hypertension” – 15 points; B8: Presented “Lifestyle Medicine for the Diabetic” at Philippine Medical Association 2019 Conference – 8 points.
- Supporting documentation for each element claimed on the Professional Leadership Points form must show the dates involved for each activity or credential. This information will be verified by PCLM records.
- Professional Leadership Points claimed in each subsection of category “B” must include a concise description that documents the activity in 300 words or less.
- Participation in conferences or activities not associated with PCLM requires documentation of attendance for each event. This may include copy of LM Fellowship Training Certificate, CME certificate, receipt of payment, etc.
- Copies of cited publications are NOT required unless specifically requested by the PCLM Board. Citations associated with any form of publication may simply be listed with full reference.
- Presentations of any kind at conferences may be simply documented with a copy of the program properly highlighted for ease of review.

A. CONTRIBUTIONS TO PCLM – Mandatory

Minimum points required: 75

	Points	Total
Full PCLM Diplomate membership status	5 points for each year of membership	
PCLM Founding member	10 points	
Attend annual meeting sponsored or co-sponsored by PCLM within three years of application	5 points per meeting	
Have completed all 30 hours of the PCLM Lifestyle Medicine Competency Course	20 points	
Attend regional meeting sponsored or co-sponsored by PCLM within three years of application	5 points per meeting	
Serve as member of PCLM committee, task force or ad hoc committee	15 points per committee	
Serve as a chair of an PCLM Committee, task force, or ad hoc committee	20 points per chairmanship	
Develop lifestyle medicine CME material on behalf of the College	20 points per program	
Act as an appointed liaison or representative for the PCLM to national committees, advisory panels, coalitions, and organizations	10 points per appointment	
Represent PCLM officially to media on coverage of lifestyle medicine-related issues or events	5 points per interview	
Write an article or column for PCLM-sponsored publication, e.g., the monthly e-publication	15 points each	
Attend any live PCLM event (e.g., scientific sessions)	5 points each	
Serve as content expert or faculty/abstract reviewer at an PCLM function/meeting	10 points per activity	
Present or serve as faculty at an PCLM educational event or serve as an oral/poster presenter at the PCLM annual meeting	15 points each	
Other – if you have served the College in another manner please provide a description.	Points will be determined by the Committee	
Total points for this section		

B. CONTRIBUTIONS TO THE FIELD OF LIFESTYLE MEDICINE – Mandatory

Minimum points required: 45

	Points	Total
Direct or coordinate a Lifestyle Medicine Clinic in a medical or wellness center setting	25 points	
Develop and/or lead a new lifestyle medicine program that has been implemented in the clinical or community setting. This new lifestyle management program can be any disease state management program designed primarily from a lifestyle medicine intervention approach. Examples: diabetes management clinic, depression recovery, and cardiac rehabilitation. This may include structured medical visits done in a group setting or a community lifestyle medicine seminar series	15 points counted only once for each new program developed	
Publication of a lifestyle medicine related book	author 20 points, co-author 10 points	
Produce and or host of a lifestyle medicine related radio or TV program	15 points per series and/or year	
Publish lifestyle medicine related article in a peer review journal	15 points	
Serve on local or state board of health involved with Lifestyle Medicine issues.	15 points	
Teach lifestyle medicine and/or serve as a clinical/adjunct professor in an accredited program relating to lifestyle med	10 points	
Make a television appearance related to lifestyle medicine topic	10 points each	
Publish article or interview with a national magazine or large market newspaper on a lifestyle medicine topic	10 points each	
Publish article or interview with a local newspaper, newsletter, or other publication on a lifestyle medicine topic	5 points each	
Present a lifestyle medicine topic (speaking or poster presentation) at scientific conferences other than PCLM sponsored programs	8 points each	
Participate in community-engaged prevention/lifestyle medicine programs	5 points each	
Evaluate existing lifestyle medicine programs	5 points each	
Serve as a consultant to physicians and/or other health care providers on lifestyle medicine	5 points	
Present lifestyle medicine related topics at grand rounds	5 points	
Other – if you have served the field of lifestyle medicine in another capacity please provide a description.	Points will be determined by the Committee	
TOTAL for this section		

Application Checklist

Your complete application will include:

- ___ Your current CV
- ___ Lifestyle Medicine Fellowship Training Certificate
- ___ Lifestyle Medicine Advancement Training Certificates
- ___ Three sponsorship letters
- ___ Professional Leadership points, minimum of 150 total from the two points systems:
 - List of points “Contributions to PCLM”, minimum of 75 points
 - List of points “Contributions to the Field of Lifestyle Medicine” minimum of 45 points
- ___ Any documentation requested for the Leadership points

It is highly recommended that all materials be submitted at the same time.

Sponsorship letters may be mailed, emailed or sent via email to PCLM directly from the sponsors, or sent to the applicant in a sealed envelope and then mailed to us.

Mailing address: Philippine College of Lifestyle Medicine
26 Huervana St., Lapaz, Iloilo City, 5000

Email address: info@pclminc.org

Phone number: (033) 3206426

Questions: Please contact PCLM secretariat