

Lifestyle Medicine Physician Certification

Lifestyle Medicine Certification Opportunity

Blue Cross and Blue Shield of Vermont, in partnership with the American College of Lifestyle Medicine (ACLM) and the American Board of Lifestyle Medicine (ABLM), is offering Lifestyle Medicine training and board certification to our clinical provider network through a unique scholarship program.

We have funded 60 scholarship awards to cover the cost of certification to eligible healthcare clinicians who are interested in pursuing a high level of professional training in lifestyle medicine, and who are committed to the expansion of lifestyle medicine education, programs, and initiatives to better serve their patients. We only have six scholarships left! If you are interested in applying for one of the scholarships, [email Amy Ducharme](mailto:amy.ducharme@bluecrossvt.org), Quality and Risk Liaison, with the following information:

- 1) Full Name
- 2) Email Address
- 3) Credentials
- 4) Practice Location and Specialty
- 5) Summary of how you plan to implement lifestyle medicine training into your practice

Certification Overview

Foundational training in Lifestyle Medicine is essential to address the chronic disease burden we face. Certification in lifestyle medicine indicates that the individual has mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner with official acknowledgment from the American Board of Lifestyle Medicine (for physicians and specialists) or the American College of Lifestyle Medicine (for professionals and practitioners).

Lifestyle medicine board-certified physicians, specialists, professionals, and practitioners are recognized as subject matter experts equipped with the knowledge and expertise to decrease healthcare spending for employers and patients, improve overall health outcomes, and activate patient autonomy and motivation for sustainable, lifelong behavior change.

To certify as a **Lifestyle Medicine Physician**, you must have:

- Current ABMS/AOA certification for U.S. physicians
- 30 hours of online/non-live continuing medical education (CME) from an approved course
- 10 hours of live in-person CME from an approved event (note: virtual attendance does not count)
- A case study outlining your personal experience with lifestyle medicine (view PDF)
- More information can be found here: [ACLM-certification-guide-2026.pdf](#)

To certify as a **Lifestyle Medicine Professional**, you must have:

- A Master's or Doctorate degree in a health or allied health discipline
- Proof of your professional credentials in a health-related discipline
- 30 hours of online/non-live continuing medical education (CME) from an approved course
- 10 hours of live in-person CME from an approved event (note: virtual attendance does not count)
- More information can be found here: [ACLM-certification-guide-2026.pdf](#)

Each scholarship offered will include:

- Membership in ACLM for one year, providing resources and a supportive network during the training and certification process. ACLM membership and education staff also offer support to members.
- Access to the Lifestyle Medicine Board Review Course (meeting the 30 hours of online approved continuing medical education (CME)), and access to the board review manual and workbook.
- Registration to the LM2026 in Orlando, Florida from November 8-11, 2026 (meeting the 10 hours of live in-person CME from an approved event). Travel and lodging for the conference are not included.
- Registration for the ABLM Exam and relevant ABLM fees.