

Lifestyle Medicine Program Honorable Mention, Certification, or Gold Certification Minimum Requirements

* Denotes that Certified or Gold Certified requirements are greater than Honorable Mention

** Denotes that Gold Certified requirements are greater than Certified

Honorable Mention Status Minimum Requirements	Certified Minimum Requirements	Gold Certified Minimum Requirements
<ol style="list-style-type: none"> 1. Active for at least one year 2. In alignment with the six pillars of Lifestyle Medicine, for those pillars which are a focus of the program (focus on all six pillars is not required) 3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation 4. At least 100 participants to date 5. Program design is strongly informed by existing scientific evidence 6. At least three live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up). 	<ol style="list-style-type: none"> 1. Active for at least one year 2. In alignment with the six pillars of Lifestyle Medicine, for those pillars which are a focus of the program (focus on all six pillars is not required) 3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation 4. At least 100 participants to date 5. Program design is strongly informed by existing scientific evidence 6. * At least five live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up). 	<ol style="list-style-type: none"> 1. Active for at least one year 2. In alignment with the six pillars of Lifestyle Medicine, for those pillars which are a focus of the program (focus on all six pillars is not required) 3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation 4. ** At least 1000 participants to date 5. Program design is strongly informed by existing scientific evidence 6. * At least five live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up).

<p>Telehealth / webinar formats are acceptable.</p> <p>7. Protocol for medication management that at minimum encourages patients to work closely with their primary care provider to monitor medication changes</p> <p>8. A duration of at least one week for the active treatment program</p> <p>9. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>10. Health metrics, labwork, and medication use/discontinuation is evaluated by professionals associated with the program; professionals may be non-healthcare professionals</p> <p>11. Attempts are made to perform regular monitoring of health metrics when logistics and funding permit</p>	<p>Telehealth / webinar formats are acceptable.</p> <p>7. * Active management and oversight of medication and a formal medical provider / patient relationship with program staff</p> <p>8. A duration of at least one week for the active treatment program</p> <p>9. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>10. * Participants must agree as a condition of program participation to work closely with their healthcare provider overseeing medication for supervision of health metrics, labwork, and medication use/discontinuation.</p> <p>11. * Metrics must be assessed at minimum at baseline and at the completion of the program.</p>	<p>Telehealth / webinar formats are acceptable.</p> <p>7. * Active management and oversight of medication and a formal medical provider / patient relationship with program staff</p> <p>8. A duration of at least one week for the active treatment program</p> <p>9. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>10. ** Health metrics, labwork, and medication use/discontinuation is evaluated by professionals associated with the program; professionals must be healthcare professionals</p> <p>11. ** Metrics must be assessed at baseline and at the completion of the program; additionally, applicants must have collected data at 12-month post-program at least once to demonstrate that the program produces longer-term changes. It is not required that these results be published in a peer-reviewed journal.</p>
---	---	---

<p>12. At least two organizations or corporate partners are using the program / collaborating to offer the program</p> <p>13. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>14. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>15. At least two one-arm intervention trials or non-randomized intervention trials showing evidence of positive benefit of this program have been published in peer-reviewed journals</p> <p>16. At least four positive testimonials from participants</p> <p>17. Support and feedback to participants and facilitators are high-touch and have the potential to be scalable</p> <hr/>	<p>12. * At least three organizations or corporate partners are using the program / collaborating to offer the program</p> <p>13. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>14. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>15. At least two one-arm intervention trials or non-randomized intervention trials showing evidence of positive benefit of this program have been published in peer-reviewed journals</p> <p>16. At least four positive testimonials from participants</p> <p>17. * Support and feedback to participants and facilitators are high-touch and are scalable as-is</p> <hr/>	<p>12. * At least three organizations or corporate partners are using the program / collaborating to offer the program</p> <p>13. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>14. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>15. ** At least one randomized controlled trial showing positive evidence of benefit of this program been published in peer-reviewed journals</p> <p>16. At least four positive testimonials from participants</p> <p>17. * Support and feedback to participants and facilitators are high-touch and are scalable as-is</p> <hr/>
---	--	--