

## 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<br>Minimum Requirements  | Certified<br>Minimum Requirements  | Gold Certified<br>Minimum Requirements   |
|---|--|--|
| <ol style="list-style-type: none"> <li>1. Active for at least one year</li> <li>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)</li> <li>3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation</li> <li>4. At least 100 participants to date</li> <li>5. Program design is strongly informed by existing scientific evidence</li> <li>6. At least three live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up).</li> </ol> | <ol style="list-style-type: none"> <li>1. Active for at least one year</li> <li>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)</li> <li>3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation</li> <li>4. At least 100 participants to date</li> <li>5. Program design is strongly informed by existing scientific evidence</li> <li>6. * At least five live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up).</li> </ol> | <ol style="list-style-type: none"> <li>1. Active for at least one year</li> <li>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)</li> <li>3. No known negative side effects or resulting increased need for medications for chronic disease as a result of program participation</li> <li>4. ** At least 1000 participants to date</li> <li>5. Program design is strongly informed by existing scientific evidence</li> <li>6. * At least five live program sessions (could be group or individual sessions, or combination, with participant-specific interaction, goal-setting and follow-up).</li> </ol> |

|  |   |   |
|--|---|---|
| <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. At least five contact hours with live program staff</p> <p>10. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>11. Health metrics, labwork, and medication use/discontinuation is evaluated by professionals associated with the program; professionals may be non-healthcare professionals</p> <p>12. 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. * At least 18 contact hours with live program staff</p> <p>10. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>11. * Health metrics, labwork, and medication use/discontinuation is evaluated by professionals associated with the program; professionals must be healthcare professionals</p> <p>12. * 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. * At least 18 contact hours with live program staff</p> <p>10. A minimum level of optional follow-up support, such as automated emails or referral to a non-affiliated group</p> <p>11. * Health metrics, labwork, and medication use/discontinuation is evaluated by professionals associated with the program; professionals must be healthcare professionals</p> <p>12. ** 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>13. At least two organizations or corporate partners are using the program / collaborating to offer the program</p> <p>14. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>15. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>16. 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>17. At least four positive testimonials from participants</p> <p>18. Support and feedback to participants and facilitators are high-touch and have the potential to be scalable</p> <hr/> | <p>13. * At least three organizations or corporate partners are using the program / collaborating to offer the program</p> <p>14. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>15. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>16. 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>17. At least four positive testimonials from participants</p> <p>18. * Support and feedback to participants and facilitators are high-touch and are scalable as-is</p> <hr/> | <p>13. * At least three organizations or corporate partners are using the program / collaborating to offer the program</p> <p>14. At least three strongly positive reference letters from organizations / companies endorsing the program</p> <p>15. At least one strongly positive reference letter from a professional contact (individual who is a healthcare practitioner or other health professional)</p> <p>16. ** At least one randomized controlled trial showing positive evidence of benefit of this program been published in peer-reviewed journals</p> <p>17. At least four positive testimonials from participants</p> <p>18. * Support and feedback to participants and facilitators are high-touch and are scalable as-is</p> <hr/> |
|---|--|--|