

2025-2027 CERTIFICATION CME CYCLE

CME Category & Activity Descriptions

The AOA assigns CME credit to four categories: 1-A, 1-B, 2-A and 2-B. In very general terms, Category 1 is typically osteopathic CME, and Category 2 is typically non-osteopathic CME. Category A usually consists of live activities, and Category B does not (with a few exceptions). View a detailed breakdown of CME activity options for each category below. If there is a cap or rule for an activity, it is noted in the “caps, rules, etc.” section. The cap or rule indicates the number of credits that will be applied towards a Diplomate’s AOA board certification CME requirement for the certification CME cycle.

Category 1-A		
Activity Type	Description	Caps, Rules, Etc.
Exam Administration: AOA Certifying Boards Oral, Clinical, Performance, Practical Exams	<ul style="list-style-type: none"> Administration of an oral, clinical, performance or practical examination for an AOA specialty certifying board 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis
Exam Construction: Case or Item Development for Oral, Clinical, Performance, Practical Exams	<ul style="list-style-type: none"> Writing examination items which are accepted by an AOA specialty certifying board or conjoint committee 	<ul style="list-style-type: none"> Five (5) Category 1-A CME credit will be awarded for each accepted item A maximum of 15 credit hours will be applied per certification CME cycle
Exam Construction: Item Writing	<ul style="list-style-type: none"> Writing examination items of which two (2) items are accepted by: <ul style="list-style-type: none"> an AOA specialty certifying board or conjoint committee; an AOA-accredited Category 1 provider (for in-training exams); and/or the National Board of Osteopathic Medical Examiners (NBOME) 	<ul style="list-style-type: none"> One (1) Category 1-A CME credit will be awarded per two (2) accepted items A maximum of 15 credit hours will be applied per certification CME cycle
Federal Activities: Active Duty or Uniformed Service	<ul style="list-style-type: none"> Formal CME programs for participants who are on active duty or employed by a uniformed service 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis All federal CME activities for participants who are not active duty or not employed by a uniformed service will receive Category 1-B CME credit
Formal Osteopathic CME	<ul style="list-style-type: none"> Formal, face-to-face programs or interactive online programs sponsored by AOA-accredited Category 1 CME sponsors 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis
Interactive CME on the Internet	<ul style="list-style-type: none"> Synchronous or asynchronous delivery of interactive internet CME provided by an AOA-accredited Category 1 CME sponsor 	<ul style="list-style-type: none"> If delivery of content is asynchronous, to qualify for Category 1-A credit, instructor responses to participant questions must be received within 48 hours. Synchronous or asynchronous, interactive internet CME from <i>AMA PRA Category 1™</i> or AAFP-accredited sponsors will count as Category 2-A
Judging Osteopathic Clinical Case Presentations and Research Poster Presentations	<ul style="list-style-type: none"> Serving as a formal judge for osteopathic clinical case presentations and research poster presentations at a formal CME function sponsored by an AOA-accredited sponsor 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis A maximum of ten (10) CME credit hours will be applied per certification CME cycle
Medical Teaching	<ul style="list-style-type: none"> Formal delivery of medical education lectures: <ul style="list-style-type: none"> in the setting of a DO or MD medical college in the setting of a specialty or divisional (state) society conferences to students, interns, residents, fellows, and staff 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis Must be verified by the CME Department of the medical college, sponsoring hospital, or sponsor CME credits will not be awarded for preparation of lectures To report CME earned by medical teaching, submit a letter from the institution stating the number of hours and date(s) credit was received

Category 1-A (cont'd)

Activity Type	Description	Caps, Rules, Etc.
Medical Teaching: Standardized Life Support Courses	<ul style="list-style-type: none"> Teaching of standardized life support courses including the following types of courses: <ul style="list-style-type: none"> Adult fundamentals of critical care support Advanced burn life support Advanced cardiac life support Advanced disaster life support Advanced HAZMAT life support Advanced life support in obstetrics Advanced pediatric life support Advanced trauma life support Basic disaster life support Basic life support Neonatal resuscitation program Pediatric fundamentals of critical care life support 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis A maximum of ten (10) CME credit hours will be applied per calendar year Certificate or teaching log must be submitted for application of CME credit CME credits will not be awarded for preparation of courses
Osteopathic Clinical Case Presentations and Research Poster Presentations	<ul style="list-style-type: none"> Preparing and presenting an osteopathic clinical case or research poster presentation implemented by an AOA-accredited sponsor 	<ul style="list-style-type: none"> Must be a primary author Will receive 5 CME credits per presentation
Osteopathic Grand Rounds	<ul style="list-style-type: none"> Must be conducted by an AOA-accredited Category 1 CME sponsor to receive Category 1-A CME credit 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis All non-osteopathic grand rounds will receive Category 1-B CME credit
Standardized Federal Aviation Courses	<ul style="list-style-type: none"> Participation in standardized federal aviation courses including the following types of courses: <ul style="list-style-type: none"> Aviation medicine Basic standardized seminars Cardiology-themed seminars Federally mandated medical courses Flight surgeon primary courses Neurological-themed seminars Standardized CME courses offered for the purpose of maintaining an aeromedical examiner designation 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis Course must be sponsored by the: <ul style="list-style-type: none"> Civil Aeronautic Institute Federal Aviation Administration United States Armed Services
Standardized Life Support Courses	<ul style="list-style-type: none"> Standardized life support courses at the provider, refresher, and instructor levels, including the following types of courses: <ul style="list-style-type: none"> Adult fundamentals of critical care support Advanced burn life support Advanced cardiac life support Advanced disaster life support Advanced HAZMAT life support Advanced life support in obstetrics Advanced pediatric life support Advanced trauma life support Basic disaster life support Basic life support Neonatal resuscitation program Pediatric fundamentals of critical care life support 	<ul style="list-style-type: none"> Online standardized courses will be awarded CME credit for the practical portion only The number of CME hours applied will correspond to the amount indicated on the submitted certificate of completion <ul style="list-style-type: none"> Submitted certificates of completion that do not specify the number of credits will receive CME credit hours as stipulated in the CME for Standardized Life Support Courses chart

Category 1-B

Activity Type	Description	Caps, Rules, Etc.
AOA Initial Primary and Subspecialty Certification or CAQ Exam	<ul style="list-style-type: none"> Passing any AOA specialty certifying board initial primary and subspecialty certification or CAQ exam 	<ul style="list-style-type: none"> 15 Category 1-B CME credits will be applied for each exam passed
AOA OCC Component 3 Exam	<ul style="list-style-type: none"> Passing an AOA specialty certifying board's OCC recertification subspecialty exam or completing the longitudinal assessment in a specialty, subspecialty, or certificate of added qualification 	<ul style="list-style-type: none"> A maximum of 25% of the required CME credit hours will be applied per certification CME cycle
Exam Construction: Clinical Case Development	<ul style="list-style-type: none"> Writing clinical cases accepted by: <ul style="list-style-type: none"> an AOA specialty certifying board or conjoint committee; and/or the National Board of Osteopathic Medical Examiners (NBOME) 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours for exam construction and job task analysis combined will be applied per certification CME cycle
Exam Construction: Committee Work	<ul style="list-style-type: none"> Participation in meetings or seminars for exam construction of: <ul style="list-style-type: none"> an AOA specialty certifying board an AOA conjoint committee an AOA practice affiliate's postgraduate in-service exam committee the National Board of Osteopathic Medical Examiners (NBOME) 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours for participation in a meeting or seminar for exam construction and job task analysis combined will be applied per certification CME cycle
Federal Programs: Not Active Duty or Uniformed Service	<ul style="list-style-type: none"> Formal CME programs for participants who are not on active duty or employed by a uniformed service 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis All federal CME activities for participants who are active duty or employed by a uniformed service will receive Category 1-A CME credit
Fellowship Training	<ul style="list-style-type: none"> Formal training as a fellow in an ACGME-accredited training program 	<ul style="list-style-type: none"> 20 CME credit hours may be applied during the certification CME cycle at the completion of each year of training
GME and UME Faculty and Preceptors	<ul style="list-style-type: none"> Working in an ACGME-accredited graduate medical education program or a COCA-accredited undergraduate medical education program as: <ul style="list-style-type: none"> GME or UME core faculty GME or UME faculty GME or UME preceptor 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis A maximum of 20% of the required CME credit hours per 3-year certification CME cycle may be applied for precepting medical students, residents, and/or fellows A letter from the institution stating the number of hours and date(s) precepting occurred must be submitted to receive credit if the CME earned is not reported directly by the sponsor No credit will be applied to the certification CME requirement for precepting physician assistants or nurse practitioners
Job Task Analysis (JTA)	<ul style="list-style-type: none"> JTAs are essential self-assessment examinations conducted every 5-7 years as the basis for all board certification examinations Participation in the development of a Job Task Analysis for an AOA specialty certifying board, conjoint committee, or response to the survey given as part of the JTA process 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours for participation in exam construction and job task analysis combined will be applied per certification CME cycle
Medical Teaching: Lab Sessions	<ul style="list-style-type: none"> Instructors grade practical exams, oral presentations, and offer feedback on strengths, areas for improvement, rapport building, physical exam techniques, etc. Formal delivery of medical education labs: <ul style="list-style-type: none"> in the setting of a DO or MD medical college in the setting of a specialty or divisional (state) society conferences to students, interns, residents, fellows, and staff 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis A maximum of 20% of the required CME credit hours may be applied A letter verified by the CME Department of the institution, with the number of CME credit hours, and date(s) must be submitted to apply CME CME credits will not be applied for preparation of labs

Category 1-B (cont'd)

Activity Type	Description	Caps, Rules, Etc.
Non-osteopathic Grand Rounds	<ul style="list-style-type: none"> Grand rounds that occur at an organization that is not an AOA Category 1 CME sponsor 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis
Non-interactive CME on the Internet	<ul style="list-style-type: none"> These courses are typically programs that are available on-demand and are not a real-time, interactive program that is simultaneous with a conference and may include hypertext links Includes audio and video programs on the internet sponsored by AOA-accredited Category 1 CME sponsors 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours combined will be applied per certification CME cycle for reading journals indexed in PubMed, other types of home study, and non-interactive CME on the internet Category 2-B credit will be awarded to journal-type CME on the internet that is produced by ACCME accredited provider for AMA PRA Category 1™, or approved by the AAFP
Non-osteopathic CME Programs: Conversion from Category 2-A to Category 1-B	<ul style="list-style-type: none"> Non-osteopathic CME programs can automatically count as Category 2-A or 2-B credit A non-osteopathic specialty or subspecialty program may be recognized for Category 1-B credit when it would otherwise qualify as Category 2-A credit when there is essentially no equivalent course content available within the osteopathic profession Credit for such programs will be applied to all physicians in that specialty or subspecialty who participate in the course The course must be presented by a provider accredited by the ACCME for <i>AMA PRA Category 1 Credit™</i> or the AAFP, or an acceptable internationally known sponsor 	<ul style="list-style-type: none"> To request consideration for Category 1-B credit, the physician must submit: <ol style="list-style-type: none"> A completed Formal request for AOA Category 1-B Credit for Non-Osteopathic Programs form A copy of the printed program (or syllabus) outlining the lectures being presented, length of the lecture and the faculty presenting at the conference An official document verifying the physician's attendance The request will be forwarded to the specialty affiliate to verify that similar programs and/or lectures have not been or are not being offered by an AOA-accredited CME provider. Review of non-osteopathic course request are an AOA member benefit. A fee will be assessed to non-AOA members for each request
Osteopathic Journal Reading	<ul style="list-style-type: none"> Reading an osteopathic medical journal, such as an issue of the <i>Journal of Osteopathic Medicine (JOM)</i>, and passing the respective CME quiz with a minimum grade of 70% 	<ul style="list-style-type: none"> Two (2) CME credits will be applied for each issue of the <i>JOM</i> where a grade of at least 70% is achieved on the CME quiz All other osteopathic medical journals indexed in PubMed qualifies for AOA Category 1-B credit where a grade of at least 70% is achieved on the CME quiz One (1) CME credit will be awarded for activities completed via AOA Online Learning A maximum of 50% of the required CME credit hours combined will be applied per certification CME cycle for reading journals indexed in PubMed, other types of home study, and non-interactive CME on the internet Non-osteopathic medical journals qualify for AOA Category 2-B credit and one-half (0.5) CME credit hour is applied for each journal read and reported on the form
Peer Review	<ul style="list-style-type: none"> Participation as a physician peer reviewer for the <i>JOM</i> and other AOA Category 1 CME Sponsor requesting CME credit 	<ul style="list-style-type: none"> Three (3) Category 1-B CME will be awarded per completed peer review A maximum of 20% of the total required CME will be applied per certification CME cycle

Category 1-B (cont'd)

Activity Type	Description	Caps, Rules, Etc.
Publications	<ul style="list-style-type: none"> Development and publication of scientific papers and online osteopathic educational programs 	<ul style="list-style-type: none"> 10 CME credits per article published

Category 2-A

Activity Type	Description	Caps, Rules, Etc.
Formal Non-osteopathic CME	<ul style="list-style-type: none"> Formal face-to-face educational programs that are sponsored by: an ACCME accredited provider for <i>AMA PRA Category 1 Credit™</i>; approved by the American Academy of Family Physicians (AAFP); approved by an acceptable internationally known sponsor; or an AOA-accredited Category 1 CME Sponsor that does not meet the faculty/ hours requirement for Category 1-A credit 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis
Interactive CME on the Internet	<ul style="list-style-type: none"> Real time, interactive internet CME (live online programs) provided by an <i>AMA PRA Category 1™</i> or AAFP-accredited sponsor 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis Real time, interactive internet CME provided by AOA Category 1-A accredited sponsor will count as Category 1-A.
Judging Non-osteopathic Clinical Case Presentations and Research Poster Presentations	<ul style="list-style-type: none"> Serving as a formal judge for clinical case presentations and research poster presentations at a formal non-osteopathic CME function 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis A maximum of ten (10) CME credit hours will be applied per certification CME cycle
Non-Osteopathic Clinical Case Presentations and Research Poster Presentations	<ul style="list-style-type: none"> Preparing and presenting a non-osteopathic clinical case or research poster presentation 	<ul style="list-style-type: none"> Must be a primary author Will receive 5 CME credits per presentation

Category 2-B

Activity Type	Description	Caps, Rules, Etc.
American Board of Medical Specialties (ABMS) Maintenance of Certification, Subspecialty, and CAQ Exams	<ul style="list-style-type: none"> Participation in Maintenance of Certification or examinations for subspecialty and certificate of added qualifications sponsored by the ABMS 	<ul style="list-style-type: none"> A maximum of 15 CME credit hours will be applied per certification CME cycle
Home Study	<ul style="list-style-type: none"> Viewing non-osteopathic medical video, audio, or online CME courses 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours combined will be applied per certification CME cycle for reading journals indexed in PubMed, other types of home study, and non-interactive CME on the internet
Journal Reading	<ul style="list-style-type: none"> Reading of medical journals other than the <i>JOM</i> or osteopathic journals indexed in PubMed Includes journal-type CME on the internet 	<ul style="list-style-type: none"> One-half (0.5) CME credit hour will be applied for each journal read A maximum of 50% of the required CME credit hours combined will be applied per certification CME cycle for reading journals indexed in PubMed, other types of home study, and non-interactive CME on the internet The appropriate form must be submitted to receive credit

Category 2-B *(cont'd)*

Activity Type	Description	Caps, Rules, Etc.
Non-Interactive CME on the Internet	<ul style="list-style-type: none"> Journal-type CME on the internet that is produced by an ACCME accredited provider for <i>AMA PRA Category 1™</i> or approved by the AAFP These courses are typically programs that are available on-demand and are not a real-time, interactive program that is simultaneous with a conference and may include hypertext links 	<ul style="list-style-type: none"> A maximum of 50% of the required CME credit hours combined will be applied per certification CME cycle for reading journals indexed in PubMed, other types of home study, and non-interactive CME on the internet Category 1-B credit will be applied to journal-type CME on the internet that is sponsored by AOA-accredited Category 1 CME sponsors
Scientific Exhibits	<ul style="list-style-type: none"> The preparation and presentation of scientific exhibits at a county, regional, state, or national professional meeting 	<ul style="list-style-type: none"> Ten (10) CME credit hours will be applied per scientific exhibit