

International Lifestyle Medicine Certification Program (dipIBLM)

We invite you to join the growing international community of lifestyle medicine practitioners!

What is lifestyle medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity.

Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions.

Why choose lifestyle medicine certification?

- Transform your practice and patient outcomes
- Gain international recognition
- Advance your career



The International Board of Lifestyle Medicine (IBLM) is the **global peak lifestyle medicine certification body** that sets and maintains standards for assessment and credentialing of physicians and Doctorate/Masters level health professionals in evidence-based Lifestyle Medicine globally.

Certification as an IBLM diplomate **signifies specialised knowledge in the practice of lifestyle medicine** and distinguishes a health professional as having achieved competency in lifestyle medicine, **with international recognition.**

IBLM is committed to the **highest global scientific standards** and innovating aggressively so that lifestyle medicine can meet its promise of being a very real part of the solution to the massive non-communicable disease epidemic that is overwhelming our planet.



Doctors For Nutrition is an independent registered health-promotion charity led by medical and dietetic professionals advocating for evidence-based whole food plant-based nutrition throughout Australia and New Zealand.

Enrol today



International Lifestyle Medicine Certification Steps



STEP 1

Check your eligibility

Check your [eligibility](#) and availability to complete the [prerequisites](#) 30 days prior to the upcoming 2026 exam date on **29 November 2026**.

STEP 2

Enrol for Certification

Enrol for the 2026 certification exam by **1 November 2026**. Once you have enrolled, follow the prompts to register for your exam date and find details of the location.

- [Licensed doctors/physicians](#) (MD, MBBS or equivalent) or
- [Masters or Doctorate degree](#) (health or allied discipline)

STEP 3

30 hours – Online CME

Completion of 30 hours of online CME from an approved course. The [Foundations of Lifestyle Medicine Board Review Course \(NO CME/CE\)](#) is strongly recommended. You will need to provide us with the course completion certificate *at least 30 days before* sitting the exam.

Submit prerequisites by
1 November 2026

STEP 4

20 hours – Event CME

Completion of 20 hours of CME from in-person or virtual approved events. We recommend [ACLM LM2026](#). Attend the [ACLM conference online](#) for a special price as a DFN registrant. If attending the ACLM conference online, provide us with the event completion certificate by 8 December 2026.

STEP 5

Case study (Physicians only)

Provide a case study outlining your personal experience with lifestyle medicine. A free [case study template](#) is available for you. You will need to provide us with the case study *at least 30 days before* sitting the exam.

STEP 6

Certification exam

Sit the in-person exam on **29th November 2026**, in Sydney, Australia. Consider signing up for the [Lifestyle Medicine Question Bank](#) – a powerful tool for exam prep.

Maintain your certification

- **Annual pathway (recommended):** Sign up for the [IBLM Maintenance of Certification \(MOC\)](#) or,
- **Exam pathway:** Re-sit the full exam after 10 years.

Enrol today

