



CME Category & Activity Descriptions

Updated January 2022

The AOA assigns CME credit to four categories: 1-A, 1-B, 2-A and 2-B. Category 1 is typically osteopathic CME and Category 2 is typically non-osteopathic CME. Category A is usually live activities while Category B is not (with a few exceptions). View a detailed breakdown of CME activity options for each category below. If there is no specific cap noted in the “Rules, Caps, etc.” section, there is no limit to how many credits a physician can earn from that activity during the 2022-2024 certification CME cycle.

Category 1-A		
Activity type	Description	Rules, Caps, etc.
Clinical Case Presentations and Research Poster Presentations	<ul style="list-style-type: none"> Preparing and presenting a clinical case or research poster presentation implemented by an AOA-accredited sponsor 	<ul style="list-style-type: none"> Must be primary author Will receive 5 CME credits per presentation
Exam Construction – Item Writing	<ul style="list-style-type: none"> Writing examination items of which six (6) items are accepted by an AOA specialty certifying board or conjoint committee, an AOA-accredited Category 1 provider, and/or the National Board of Osteopathic Medical Examiners 	<ul style="list-style-type: none"> One (1) Category 1-A CME credit will be awarded per six (6) accepted items
Federal Activities (Active Duty/ Uniformed Service)	<ul style="list-style-type: none"> Formal CME programs to 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 other federal CME activities 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
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
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 implemented by an AOA-accredited sponsor 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis Maximum of ten (10) CME credits per 3-year certification CME cycle
Medical Teaching	<p>Formal delivery of medical education lectures in the following settings:</p> <ul style="list-style-type: none"> in DO or MD medical colleges at specialty or divisional 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, please submit a letter from the institution stating the number of hours and date(s) credit was received
Medical Teaching – Standardized Life Support Courses	<p>Teaching of standardized life support courses. Includes the following types of courses:</p> <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 Trauma Life Support Basic Disaster Life Support Basic Life Support Neonatal Resuscitation Program Pediatric Advanced Life Support (AHA) or Advanced Pediatric Life Support (AAP) Pediatric Fundamentals of Critical Care Life Support 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis. Maximum of ten (10) CME credits 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
Oral/Practical Examinations for AOA Certifying Boards	<p>Administration of an oral and/or practical examination for an AOA specialty certifying board</p>	<ul style="list-style-type: none"> Granted on an hour-for-hour basis
Standardized Federal Aviation Courses	<p>The following courses can count for credit:</p> <ul style="list-style-type: none"> Aviation Medicine Basic Standardized Seminars Cardiology-themed Seminars Flight Surgeon Primary Course Neurological-themed Seminars All federally mandated medical courses All 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 Must be sponsored by the Federal Aviation Administration, the United States Armed Services, or the Civil Aeronautic Institute
Standardized Life Support Courses	<p>Standardized life support courses including provider, refresher, and instructor levels. Includes the following types of courses:</p> <ul style="list-style-type: none"> Adult Fundamentals of Critical Care Support 	<ul style="list-style-type: none"> Online standardized courses will be awarded CME credit for the practical part only If a physician submits a certificate of completion

	<ul style="list-style-type: none"> • Advanced Burn Life Support • Advanced Cardiac Life Support • Advanced Disaster Life Support • Advanced HAZMAT Life Support • Advanced Life Support in Obstetrics • Advanced Trauma Life Support • Basic Disaster Life Support • Basic Life Support • Neonatal Resuscitation Program • Pediatric Advanced Life Support (AHA) or Advanced Pediatric Life Support (AAP) • Pediatric Fundamentals of Critical Care Life Support 	<p>that contains a specific number of credits awarded from the course, that amount will be recognized by the AOA. In cases where the certificate of completion does not contain a specific number of credits, CME will be awarded as noted in the Standardized Life Support Courses table</p>
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Category 1-B		
Activity type	Description	Rules, caps, etc.
AOA Primary Certification Examination	<ul style="list-style-type: none"> • Passing any AOA specialty certifying board primary certification examination 	<ul style="list-style-type: none"> • 15 Category 1-B CME credits for each exam passed
AOA Subspecialty/ CAQ Certification Examination	<ul style="list-style-type: none"> • Passing any AOA specialty certifying board certification examination in any subspecialty or certification of added qualifications 	<ul style="list-style-type: none"> • 15 Category 1-B CME credits for each exam passed
AOA OCC Component 3 Examination/ Process	<ul style="list-style-type: none"> • Passing any AOA specialty certifying board OCC examination or completing the OCC Component 3 process in any specialty, subspecialty, or certification of added qualifications 	<ul style="list-style-type: none"> • A maximum of 25% of the required CME credits per 3-year certification CME cycle may be earned for this activity type.
Exam Construction – Clinical Case Development	<ul style="list-style-type: none"> • Writing clinical cases accepted by an AOA specialty certifying board, conjoint committee, or the National Board of Osteopathic Medical Examiners 	<ul style="list-style-type: none"> • Participation in exam development/ construction and job task analyses can earn a maximum combined 50% of the required CME per 3-year certification CME cycle
Exam Construction – Committee Work	<ul style="list-style-type: none"> • Meetings or seminars of an AOA specialty certifying board, conjoint committee, AOA practice affiliate's postgraduate in-service examination committee, or the National Board of Osteopathic Medical Examiners 	<ul style="list-style-type: none"> • Participation in exam development/ construction and job task analyses can earn a maximum combined 50% of the required CME per 3-year certification CME cycle
Federal Programs (not Active Duty / Uniformed Service)	<ul style="list-style-type: none"> • Any formal CME programs to participants who are not on active duty or employed by a uniformed service 	<ul style="list-style-type: none"> • Active duty or uniformed service employment constitutes category 1-A
Fellowship Training	<ul style="list-style-type: none"> • Formal training as a fellow in an AOA-approved or ACGME-accredited training program 	<ul style="list-style-type: none"> • Twenty (20) credits of Category 1-B CME may be awarded per year
GME Faculty/Preceptors	<ul style="list-style-type: none"> • Serving as GME faculty, GME core faculty, or preceptors in any AOA-approved osteopathic or ACGME-accredited graduate medical education 	<ul style="list-style-type: none"> • Granted on an hour-for-hour basis • A maximum of 20% of the required CME credits per 3-year certification CME cycle may be earned for precepting medical students, residents, and/or fellows

		<ul style="list-style-type: none"> No credit is available for precepting physician assistants or nurse practitioners If CME for GME Faculty/Precepting is not reported directly by the sponsor, please submit a letter from the institution stating the number of hours and date(s) to receive credit
Grand Rounds (Non-osteopathic)	<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
Job Task Analyses (JTAs)	<ul style="list-style-type: none"> 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 JTAs are essential self-assessment examinations conducted every 5-7 years as the basis for all board certification examinations 	<ul style="list-style-type: none"> Participation in exam development/ construction and job task analyses can earn a maximum combined 50% of the required CME per 3-year certification CME cycle
Journal Reading (<i>JOM</i> and other osteopathic journals)	<ul style="list-style-type: none"> Reading 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 awarded for each issue of the <i>JOM</i> Reading of all other osteopathic medical journals indexed in PubMed qualifies for AOA Category 1-B credit Reading of all other medical journals qualifies for AOA Category 2-B credit and is awarded one-half (0.5) CME credit for each journal read and reported on the form Reading of journals indexed in PubMed, other types of home study, and noninteractive CME on the internet have a combined maximum of 50% of the required CME credits per 3-year certification CME cycle Non-members who submit hard copies of completed quizzes will be charged a fee per <i>JOM</i> quiz for staff time to grade, record, and provide a letter as documentation of applicable CME. In addition, non-members have the capability of completing the quizzes online at aoaonlinelearning.osteopathic.org
Medical Teaching – Lab Sessions	<p>Formal delivery of medical education labs in the following settings:</p> <ul style="list-style-type: none"> in DO or MD medical colleges at specialty or divisional society conferences to students, interns, residents, fellows, and staff Instructors grade practical exams and oral presentation and offer feedback regrading strengths, area for improvement, rapport building, physical exam techniques, etc. 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis. A maximum of 20% of the required CME credits may be earned in this activity type Must be verified by the CME Department of the medical college, sponsoring hospital, or sponsor. CME credits will not be awarded for preparation of labs To report CME earned by medical teaching – lab sessions, please submit a letter from the institution stating the number of hours and date(s) credit was received
Non-Interactive CME on the Internet	<ul style="list-style-type: none"> Includes audio and video programs on the Internet sponsored by AOA-accredited Category 1 CME sponsors These courses are typically 	<ul style="list-style-type: none"> Category 2-B credit will also be awarded to journal-type CME on the Internet that is produced by an AOA-accredited sponsor, ACCME accredited provider for AMA PRA

	<p>programs that are available on an on-demand schedule and are not a real-time, interactive simultaneous conference</p>	<p>Category 1™, or approved by the AAFP. These courses are essentially static, textbook type programs. They may have hypertext jumps to help the reader pursue specific information</p> <ul style="list-style-type: none"> • Reading of journals indexed in PubMed, other types of home study, and non- interactive CME on the internet have a combined maximum of 50% of the required CME credits per 3-year certification CME cycle
<p>Non-osteopathic CME Programs (conversion from Category 2-A to Category 1-B)</p>	<ul style="list-style-type: none"> • Non-osteopathic CME programs can automatically count as Category 2-A or 2-B credit • The BOS may recognize non-osteopathic specialty or subspecialty programs that would otherwise qualify as Category 2-A credit for Category 1-B 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 consist of at least three (3) credit hours and be provided by a provider accredited by the ACCME for <i>AMA PRA Category 1 Credit™</i> or the AAFP, or an internationally known sponsor acceptable to the BOS 	<p>To request consideration for Category 1-B credit, the physician must write to the BOS at AOA Headquarters in Chicago and provide the following:</p> <ol style="list-style-type: none"> 1. A completed Non-osteopathic Program's Requests for Category 1-B Credit form 2. A copy of the printed program (or syllabus) outlining the lectures being presented, length of the lecture and the faculty presenting at the conference 3. An official document verifying the physician's attendance <ul style="list-style-type: none"> • The applicant should be aware that this 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 • The AOA performs reviews of non-osteopathic courses as a member service. Non-members may request AOA Category 1-B credit for non-osteopathic sponsored CME programs by following the same procedure outline, along with payment of a fee for each program submitted for review
<p>Peer Review</p>	<ul style="list-style-type: none"> • Participation as a physician peer reviewer for the JOM 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 for the JOM and/ or other AOA Category 1 CME Sponsor with a maximum of 20% of the required CME credits per 3-year certification CME cycle
<p>Publications</p>	<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	Rules, caps, etc.
Clinical Case Presentations and Research Poster Presentations (Non-osteopathic)	<ul style="list-style-type: none"> Preparing and presenting a clinical case or research poster presentation 	<ul style="list-style-type: none"> Must be primary author Will receive 5 CME credits per presentation
Formal Educational Programs (Non-osteopathic)	<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 internationally known sponsor acceptable to the BOS, 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"> Real time, interactive internet CME provided by AOA Category 1-A accredited sponsors will count as Category 1-A
Judging Clinical Case Presentations and Research Poster Presentations (Non-osteopathic)	<ul style="list-style-type: none"> Serving as a formal judge for clinical case presentations and research poster presentations at a formal CME function 	<ul style="list-style-type: none"> Granted on an hour-for-hour basis Maximum of ten (10) CME credits per 3-year certification CME cycle

Category 2-B		
Activity type	Description	Rules, caps, etc.
American Board of Medical Specialties (ABMS) Maintenance of Certification and Subspecialty/CAQ Examinations	<ul style="list-style-type: none"> Participation in Maintenance of Certification or examinations for subspecialty/certification of added qualifications sponsored by the American Board of Medical Specialties (ABMS) 	<ul style="list-style-type: none"> Maximum of fifteen (15) CME credits per 3-year 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"> Reading of journals indexed in PubMed, other types of home study, and noninteractive CME on the internet have a combined maximum of 50% of the required CME credits per 3-year certification CME cycle
Journal Reading (other than the JOM and other osteopathic journals)	<ul style="list-style-type: none"> Reading of all medical journals (other than the JOM and osteopathic journals indexed in PubMed) is awarded one-half (0.5) CME credit for each journal read Includes journal-type CME on the internet 	<ul style="list-style-type: none"> Reading of journals indexed in PubMed, other types of home study, and non- interactive CME on the internet have a combined maximum of 50% of the required CME credits per 3-year certification CME cycle To receive credit, please submit the appropriate form

Non-Interactive CME on the Internet	<ul style="list-style-type: none"> Journal-type CME on the Internet that is produced by an AOA-accredited sponsor, ACCME accredited provider for <i>AMA PRA Category 1™</i>, or approved by the AAFP. These courses are essentially static, textbook type programs. They may have hypertext jumps to help the reader pursue specific information 	<ul style="list-style-type: none"> Audio and video programs on the internet that are sponsored by AOA-accredited Category 1 CME sponsors will receive Category 1-B credit Reading of journals indexed in PubMed, other types of home study, and non- interactive CME on the internet have a combined maximum of 50% of the required CME credits per 3-year certification CME cycle
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) credits per scientific exhibit