



## At-A-Glance

To meet the American Board of Medical Specialties (ABMS) Assessment Standards for Continuing Certification, the American Board of Family Medicine (ABFM) will transition to a new Continuous Certification 5-Year Cycle (5-Year Cycle), effective January 1, 2025.



The ABMS standard for continuing certification states that “member boards must determine an interval no longer than five years of whether a Diplomate is meeting continuing certification requirements to retain each certificate.” This change will help Diplomates maintain awareness of increasingly rapid medical advancements and changes in practice guidelines.

Beginning in 2025, every ABFM Diplomate will be enrolled in the new 5-Year Cycle when their next exam requirement is due. The new 5-Year Cycle is built on the same four foundational components that make up the current certification process: professionalism, self-assessment and lifelong learning, performance improvement and cognitive expertise.

## Certification Components



### Professionalism

Designed to assess professional standing, family physicians seeking board certification are subject to compliance with the ABFM Guidelines for Professionalism, Licensure and Personal Conduct and general adherence to professional standards.



### Self-Assessment and Lifelong Learning

Designed to help family physicians identify gaps in knowledge through participation in self-assessment activities, this component enhances medical knowledge by reviewing the most up-to-date clinical content.



### Performance Improvement

Designed to support high-quality patient care, this component will help family physicians identify an improvement opportunity or a performance gap, implement a change in care delivery, and measure the impact of that change to their patients/practice.



### Cognitive Expertise

Designed to assess and measure clinical knowledge, the Family Medicine Certification Longitudinal Assessment (longitudinal assessment) and Family Medicine Certification Examination (one-day exam) serve to assure the public that you are up-to-date and aware of the best practices in medical care across the wide spectrum of conditions treated by family physicians.

## Benefits

The 5-Year Cycle provides the choice to customize how you meet your certification requirements! Benefits include:

- You never have to take the one-day exam again to maintain your certification, unless you want to.
- Continuous learning by answering 25 quarterly exam questions and receiving immediate feedback.
- More time and flexibility to complete your certification activities.
- A fifth year off if you complete all requirements in four years.
- Built-in time to complete remaining requirements, if needed.

# How It Works

## 5-Year Certification Cycle

Year 1	Year 2	Year 3	Year 4	Year 5
<b>Longitudinal Assessment</b> Complete up to 25 exam questions per quarter (100/year).			Additional Longitudinal Assessment Time <i>(if needed)</i> OR One-Day Exam* <i>(if you choose)</i>	<b>Year Off</b> <i>(no requirements)</i> <b>OR</b> <b>Time to Catch Up</b> <i>(if needed)</i>
<b>60 Certification Points</b> Earn 60 points through completion of certification activities, including at least one Self-Assessment and one Performance Improvement activity.				
<b>Average of 50 CME per Year</b> Earn a total of 200 CME with a minimum of 50% in Division I.				
<b>Medical License</b> Continuously hold medical license(s) that meet ABFM Professionalism Guidelines.				
<b>Annual Certification Fee</b>				

You never have to take the one-day exam to maintain your certification unless you want to. Instead, you will answer 25 quarterly exam questions over three to four years through the longitudinal assessment. However, if you prefer the one-day exam, you can opt to take it in year four.

Similar to the current certification process, you can choose from a variety of Self-Assessment and Performance Improvement activities to earn certification points, and submit CME credits you've recently completed.

## Transitioning to the 5-Year Cycle

ABFM is committed to honoring your 10-year exam requirement. This means you will not be required to transition to the new 5-Year Cycle until your 10-year exam expires. For example, if you met your exam requirement in 2022, you will not be required to transition to the new 5-Year Cycle until 2032.

When it's your time to transition to the 5-Year Cycle, ABFM will provide instructions for completing registration via email and within your MyABFM Portfolio.



To determine when you will transition to the 5-Year Cycle, please visit your MyABFM Portfolio by scanning the QR code.

## Benefits of the Longitudinal Assessment

Since being introduced in 2019, more than 80% of eligible physicians have chosen the longitudinal assessment to meet their exam. More than 34,000 Diplomates have participated and provided the following feedback.

### What ABFM Diplomates Are Saying:

- 99% report it is relevant to family medicine
- 85% report intentions to make changes in practice based on what they learned
- 85% seek more information after participating
- 92% report less test anxiety
- 95% use references and critiques

### Want to Learn More?

Visit [www.theabfm.org](http://www.theabfm.org) or contact the ABFM Support Center at 877-223-7437.

