

Well-being Champions Activities Tracker
Usage Instructions

Table of Contents

CME/MOC Guidance for ACP Well-being Champions.....	2
Who Can Claim.....	2
What Can be Claimed/Eligible Activities.....	2
How to Claim CME/MOC Through the Tracker.....	3
How to Enter Non CME/MOC Activities through the Tracker	4
Instructional Videos-Well-being Champion Activities Tracker	4
Watch Video: An Introduction to Your Dashboard.....	4
Watch Video: Explore and Claim Activities.....	4

CME/MOC Guidance for ACP Well-being Champions

As of Monday, October 15, 2018, ACP Well-being Champions can earn both *AMA PRA Category 1 Credit(s)*[™] and ABIM MOC points for certain Champion-related activities. This document explains who can request CME/MOC; allowable CME/MOC activities; and how to request the CME/MOC.

Who Can Claim

1. **All Well-being Champions initially trained in 2018 or earlier** can claim up to 25 CME credits and 25 MOC points for the period October 15, 2018 through March 31, 2022 (one-year pandemic extension).
 - If you are reappointed for a second three-year term, you will be eligible to claim up to 40 CME credits and 40 MOC points for for the new term period
 2. **All Well-being Champions initially trained in 2019 or later** can claim up to 40 CME credits and MOC points total for the three-year term starting the month of the year they are trained up to three years later (one-year pandemic extension through March 2023 for 2019 WBCs).
 - If you are reappointed for an additional term, you will be eligible to claim an additional 40 CME credits and 40 MOC points for the new term period.
- NOTE: If you drop out of the Well-Being Champion role during your term, you must notify ACP Well-being staff immediately. You will not be able to earn Well-being CME/MOC as of your drop-out date.

What Can be Claimed/Eligible Activities

In general, you may claim CME/MOC for any ACP-sponsored Well-being Champion Program-related training and any other well-being related activity that meets the “self-study” criteria as described below.

NOTE:

- (1) You cannot claim CME credit (or MOC points) through ACP for events where you are a presenter. This is considered teaching and is eligible for AMA PRA category 2 credit, which ACP does not confer. Please go directly through AMA if you wish to claim teaching credits.
- (2) If an activity already offers CME/MOC, you must obtain those through that activity’s CME provider, not ACP.

Eligible Activities

- **ACP Well-Being Champion initial training** for those *initially trained in 2019 or beyond*. We will

Well-being Champions Activities Tracker Usage Instructions

tell you how many CME credits you can claim.

- **Well-being Champion virtual training** provided 4-6x /year by ACP staff. Credit (1 CME credit + MOC point) given for live or recorded participation.
- **Self-Study activities related to well-being.** These are activities you undertake that are not already designated CME-eligible to learn more about relevant well-being topics or skills. These could include:
 - **Talks and Webinars** – live or recorded (e.g., TED) on a relevant topic (e.g., physician suicide; workflow innovations to decrease burden)
 - **Articles** – peer reviewed or trade press, on relevant topics (e.g., “How Mindfulness Helps Clinicians Cope with Stress”; “Outcomes of a Study to Assess Changes in Clinician Scheduling to Reduce Burden”)
 - **Workshops** – (e.g., Coaching for Success; Measuring and Addressing Burnout)
 - **Received Coaching or Mentoring** - sessions you attended through ACP coaching or mentoring session you received to gain knowledge and skills for your WBC service
 - **Classes and courses not otherwise CME-eligible**

How to Claim CME/MOC Through the Tracker

You can claim CME/MOC directly from the Well-being Champion Activities Tracker accessible through the Champions [resource page](#) or through MyACP. Note that you must be logged in to ACPonline to access. CME and MOC eligible activities for ACP Well-being Champions include the initial wellbeing training (for classes starting 2019 or later; # CME credits and MOC points to be determined each year), ACP Well-being Champion virtual training webinars (1 point) and self-study activities (can be claimed in increments of .25).

On the Activities and Claims page of the Tracker, choose the CME activity and click claim. This will lead you to the milestone page where you need to complete the required fields. Click save and you will be directed to your confirmation page. To view your full transcript, click on CME Transcript at the top left menu.

- CME claims can be made at any time in the allowable term for activities taking place within the allowable term, although we urge you to claim your credit and MOC points timely.
- MOC points – As long as you are enrolled in the ABIM MOC program and your Date of Birth and ABIM number are on file, you will automatically receive MOC points related to your CME activity. If you get an error message, please contact Crissy Walter at cwalter@acponline.org
- *MOC points must be claimed in the same year that the corresponding CME credit is earned.*
- *To view your ABIM MOC claims and transcript, please visit the ABIM site <https://www.abim.org/>*

Claiming of CME/MOC will be on the honor system; however, accrediting agencies do have the right to audit and ACP reserves the right to request additional information from you as needed.

Well-being Champions Activities Tracker Usage Instructions

For any questions about claiming CME/MOC, please contact Crissy Walter at cwalter@acponline.org.

How to Enter Non CME/MOC Activities through the Tracker

On the Activities and Claims page of the Tracker, choose an activity and click claim. This will lead you to the milestone page where you need to complete the required fields. Click save and you will be directed to your confirmation page. The list on the confirmation page will show all activities claimed to date.

Please enter your activities as you complete or remember them. Timely entries help us with connecting WBCs with cross-chapter collaboration, well-being subject matter expertise opportunities, and share learnings.

Instructional Videos-Well-being Champion Activities Tracker

In addition to this guide, instructional videos on how to navigate your Well-being Champions Activities Tracker are available:

[Watch Video: An Introduction to Your Dashboard](#)

[Watch Video: Explore and Claim Activities](#)