

Well-being Champions Activities Tracker  
Usage Instructions

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## 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)*<sup>™</sup> 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, 2021.
    - If you are re-appointed for a second three-year term, you will be eligible to claim up to 40 CME credits and 40 MOC points for that three-year period of April 1, 2021 – March 31, 2024.
  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 April 1 of the year they are trained through March 31 three years later.
    - If you are re-appointed 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 related training and any other well-being related activity that meets the “self-study” criteria as described below.

- NOTE:
  - (1) You can NOT claim CME credit (or MOC points) through ACP for events at which you are a presenter. This is considered teaching and is eligible for AMA PRA category 2 credit, which ACP does not confer. You can go directly through AMA if you wish to claim credit for that.
  - (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 tell you how many CME credits you can claim. Unfortunately, we were unable to get approval in time for the April 2018 training.

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- **The Well-being Champion virtual training webinars** 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)
  - **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](mailto: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.

For any questions about claiming CME/MOC, please contact Crissy Walter, Well-being Program Administrator, at [cwalter@acponline.org](mailto:cwalter@acponline.org).

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## 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 transcript on the confirmation page will show all activities claimed to date.

We urge you to enter your activities undertaken timely before you forget them. This information will be critical in discussions about the future of the Champions program, so please be diligent and let us know what you are doing. Thank you for your help. 😊

## 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](#)