

# HOW DO I MAINTAIN MY CERTIFICATION?



Congratulations on becoming a board certified **Diplomate of the American Board of Optometry**, and entering the Maintenance of Certification (MOC) program! MOC is a four-part process for continuous learning, based on a model developed by the American Board of Medical Specialties.

## WHAT ARE THE REQUIREMENTS FOR MOC ?

You have already demonstrated that you are in active practice and maintain a valid state license in therapeutic optometry. And you have passed your Board Certification exam, which is retaken every 10 years. You are ready to enter the MOC process, which consists of:

- **Lifelong Learning and Self-Assessment** — Continuing education and Self-Assessment Modules (SAMs).
- **Practice Performance Assessment** — Performance in Practice Modules (PPMs).

The American Board of Optometry's 10-year MOC cycle is divided into three 3-year stages plus a certification examination year. In each of Stages 1, 2 and 3, the Diplomate must achieve 150 points, including the following:

1. **Two Self-Assessment Modules** or SAMs (worth 10 points each).
2. **Performance in Practice Module** or PPM (worth 30 points).  
*(Note: One SAM or PPM module must be completed each calendar year.)*
3. **100 points from other educational activities** over each three-year period. At least 50 percent must come from Category 1 education (live approved lectures), and up to 50 percent can come from Category 2 (including distance learning and scholarly activities).

All MOC requirements must be completed for the Diplomate to be eligible for the recertification examination toward the end of the 10-year cycle. A Diplomate can take the recertification exam in either the ninth or tenth year of the cycle.

The current annual maintenance fee is \$195, which includes ongoing web portal access, and the SAM and PPM modules. This fee is due in January each year.

Questions about the Maintenance of Certification program? Visit [www.americanboardofoptometry.org](http://www.americanboardofoptometry.org), call (314) 983-4226 or send an e-mail to [info@abopt.org](mailto:info@abopt.org).



*The American Board of Optometry's mission is to continually improve patient care by helping optometrists demonstrate ongoing commitment to professional enrichment. This is done through the organization's voluntary, NCCA-certified Board Certification program and CMS-approved Maintenance of Certification process. The American Board of Optometry was founded in 2009 by the American Academy of Optometry, American Optometric Association, American Optometric Student Association and the Association of Schools and Colleges of Optometry. For information, visit [www.americanboardofoptometry.org](http://www.americanboardofoptometry.org).*