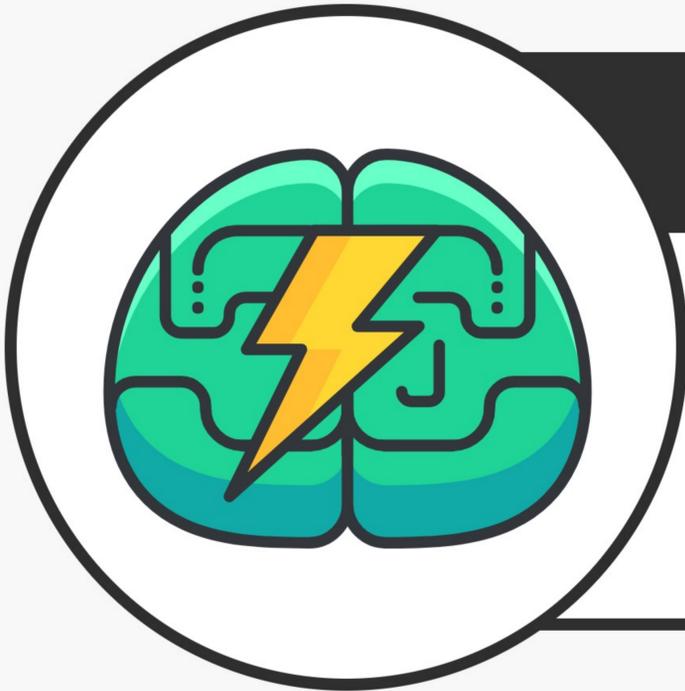


MOC

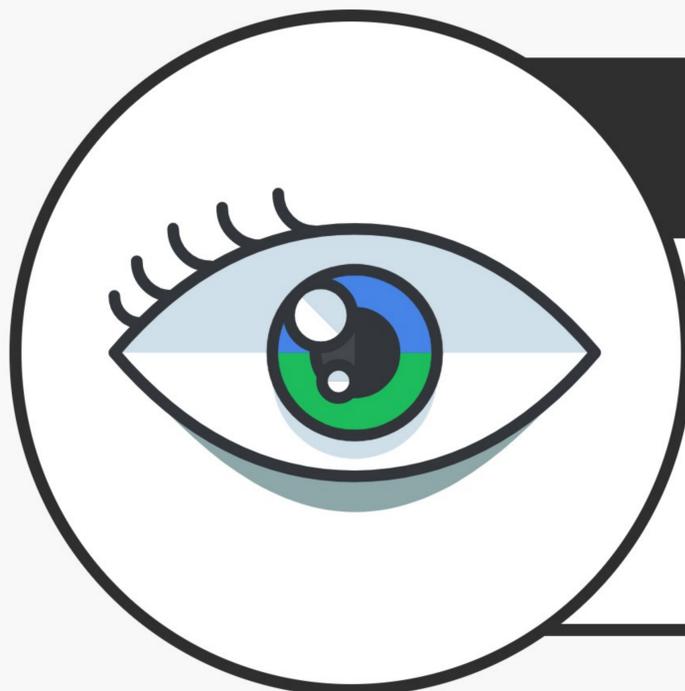
QUICK TIPS

3 Components for Each 3-Year Cycle



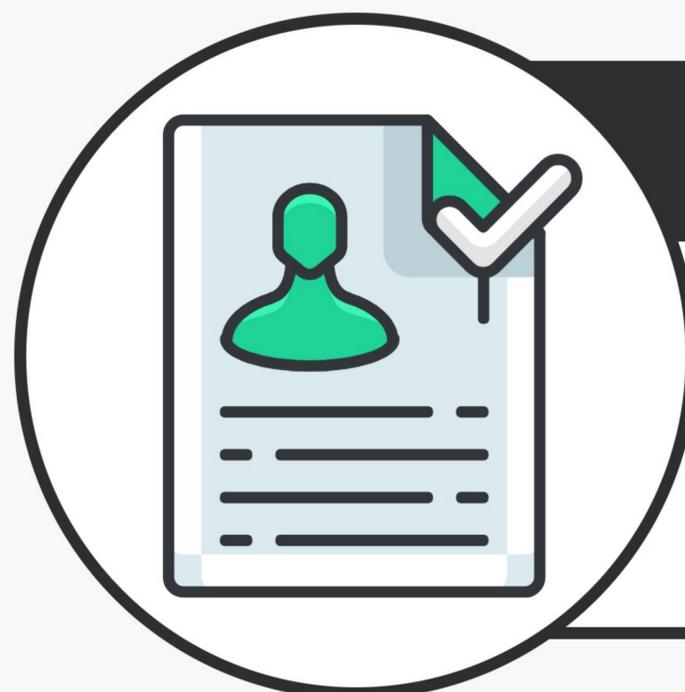
Continuing Education

- 100 hours are needed.
- CE must be entered into your Learning Plan.
- Enter as you go. DO NOT wait until the end.
- Can enter in groups. Make one entry with event name and TOTAL hours. Example: Optometry's Meeting - 18 hours.



Self-Assessment Modules (SAM)

- Complete 2 modules.
- Similar to case studies and accessed online through your Learning Plan page.
- Typical completion time is 1 hour.



Performance in Practice Module (PPM)

- Complete 1 module
- Charting PPMs take 30 - 90 days to complete. Start early!
- Online course PPMs typically take 5 hours to complete.
- Office staff can assist where appropriate.