



Defense Health Agency J-7 Clinical Communities Speaker Series

Innovations in Health Care from Select Centers of Excellence and Communities of Practice Groups:

Biohacking Your Best: Optimizing Human Performance with Lifestyle/Performance Medicine

Internet Activity Enduring Material

1 January 2020-7 April 2020, Silver Spring, MD

Continuing Education (CE) Information

This CE activity is accredited by the DHA J-7 Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician assistants, pharmacists, pharmacy technicians, occupational therapists, physical therapists, psychologists, social workers, kinesiotherapists, case managers, and healthcare executives. A certificate of attendance is available for other attendees.

Biohacking Your Best: Optimizing Human Performance with Lifestyle/Performance Medicine (1.0 clock hour)

Learning Objectives:

1. Outline the limitations of conventional medicine and treatment modalities i.e. disease management vs. health promotion and predominant pharmaceutical intervention for symptom management.
2. Define the field of Lifestyle Medicine (LM).
3. Explain the various contributions of each of the components i.e. the 'pentad' of LM.
4. Summarize what resources exist in the field of LM and what courses you can take to educate yourself about practicing LM.

Faculty:

Capt. Regan A. Stiegmann, DO, MPH Presenter has no financial or non-financial relationships to disclose.

Disclosures:

DHA J-7 staff, Planning Committee Members and reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

Interprofessional Continuing Education (IPCE)



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

This activity was planned by and for the healthcare team, and learners can receive up to 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change. In support of improving patient care, this activity has been planned and implemented by DHA J-7 CEPO. DHA J-7 CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Academy of Physician Assistants (AAPA), the Association of Regulatory Boards of Optometry's Council on Optometric Practitioner Education (ARBO/COPE), the American Psychological Association (APA), and the Association of Social Work Boards (ASWB) to provide continuing education for the health care team.

Physicians (ACCME)



DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA J-7 CEPO designated this internet activity enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA J-7 CEPO is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. DHA J-7 CEPO designated this internet activity enduring material. Continuing Nursing Education activity for a maximum of 1.0 contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists and Pharmacy Technicians (ACPE)



UAN JA4008136-0000-20-047-H04-P

UAN JA4008136-0000-20-047-H04-T

No valid paper/electronic statement of credit will be offered. DHA J-7 CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.0 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Physician Assistants (AAPA)



DHA J-7 CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 hour of AAPA Category 1 CME credit. Physician assistants should only claim credit commensurate with the extent of their participation.

Association of Regulatory Boards of Optometry's Council on Optometric Practitioner Education (ARBO/COPE)

This activity has been approved by ARBO/COPE. The Defense Health Agency J-7 Continuing Education Program Office designated this activity for a maximum of 1.0 credit hour. Optometrists should only claim credit commensurate with the extent of their participation in the activity.

COPE Course ID #: 64318-PB COPE Activity/Event #: 117936

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA J-7 CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. DHA J-7 CEPO maintains responsibility for this course. Social workers completing this course receive a maximum of 1.0 ASWB continuing education credit.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. DHA J-7 CEPO designated this activity for a maximum of 1.0 CE credit. The instructional level of this activity is intermediate. There is no cost to participate.

Physical Therapists (ACCME Non-Physician CME Credit)

DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. Physical Therapists will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. Physical Therapists may receive a maximum of 1.0 hour for completing this internet activity enduring material.

Occupational Therapists (AOTA)



The Defense Health Agency J-7 Continuing Education Program Office is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive 0.1 AOTA CEU. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Case Managers (CCMC)



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for up to 1.0 CE contact hour.

Activity Code: H00039076 Approval Number: 190003601

Healthcare Executives (ACHE)

DHA J-7 CEPO is authorized to award a maximum of 1.0 hour of pre-approved American College of Healthcare Executives (ACHE) Qualified Education credit for this program toward advancement, or recertification in the American College of Healthcare Executives. Participants in this program who wish to have the continuing education hours applied toward ACHE Qualified Education credit must self-report their participation. To self-report, participants must log into their MyACHE account and select ACHE Qualified Education Credit

Kinesiotherapists (COPSKT)

Provider# is 082219



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.0 contact hour/0.1 CEU. DHA J-7 CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

Other Professionals

All other health care professionals completing this continuing education activity will be issued a Certificate of Attendance indicating participation and the number of hours of continuing education credit. This may be used for submission to licensing boards for satisfaction of CE requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE Inquiries:

For all CE related inquiries, please contact dha.ncr.j7.mbx.continuing-education-office@mail.mil.

How to Obtain CE Credit:

To receive CE credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 7 April 2020 at 2359 ET at the following URL:

www.dhaj7-cepo.com