



# COLA vs CORE

Information regarding the transition





## What is CORE?

- CORE is an annual examination that will replace your COLA requirement and the 10-year recertification exam.
- To enter CORE, you need to have a specific number of COLAs completed.
- **You DO NOT** need to enter CORE until your certification expiration year.
- **You MUST** enter CORE during your certification expiration year.
- **You DO NOT** need to start CORE early.

# How does it work?



Upon logging in, you will gain access to two exam sections:

Section 1: Two required core content modules

Section 2: Eight article-based modules.



You must complete all six required modules

2 core content

4 article-based (you pick out of a list of usually 8 articles)



When you pass you will complete a short survey and receive a certificate of completion.

# CORE content

2021: Musculoskeletal; Nervous System

2022: Toxicology; Cutaneous

2023: Trauma; Psychiatry

2024: ID, EMS/Disaster

2025: Environmental, Cardiovascular

2026: Abdominal/GI, Administration

2027: OB/Gyn, Endocrine/Metabolic

2028: HEENT, Renal/Urogenital



# What is the difference? And what should I take ?

## COLA: Continuous Osteopathic Learning Assessment

- Article reading list
- It is up to the candidate to obtain the articles needed for the article-based modules they choose
- 40 questions
- **Pass 8 in 10-year period**
- Passing score 75%

## CORE: Continuous Osteopathic Recertification Exam

- Core content and articles
- It is up to the candidate to obtain the articles needed for the article-based modules they choose
- 40-60 questions
- **Annual exam**
- Passing score 75%

# What is the difference? And what should I take ?

## COLA: Continuous Osteopathic Learning Assessment

- 3 attempts to pass
- Retake the same module immediately if you do not pass
- COLA lifespan 3 year then expires
- Any COLA that is still downloadable online (expired or current) is available for you to complete
- **If you are unsuccessful in passing a COLA module after 3 attempts, you may pay the module fee again to receive another 3 opportunities to pass the module.**

## CORE: Continuous Osteopathic Recertification Exam

- 3 attempts to pass
- **Must wait one week after each attempt before retaking the same module.**
- Module questions are shuffled per diplomate. No diplomate will have the same questions in the same order.
- After the first attempt the questions will not reshuffle.
- **If you fail the CORE exam after three attempts, you will be required to pass the initial certification examination to reenter the certification process.**
- **Registration deadline Nov 15 and expires December 1 at the end of the designated year**

# What is the difference? And what should I take ?

## COLA: Continuous Osteopathic Learning Assessment

- Signup online and usually have immediate access
- CME posts to AOA within 24hrs
- \$105/COLA Module
- \$210/Expired COLA Module

## CORE: Continuous Osteopathic Recertification Exam

- Complete application may take 5 business days to have access
- CME posts to AOA within 24hrs
- \$210

# The confusion?!?

- Physicians holding AOBEM certificates that expire in 2021 or beyond are eligible to participate in CORE.
- All new diplomates will enter directly into CORE upon successful completion of the initial certification process.
- Diplomates issued certificates with expiration dates of 2030-2031 will have the first CORE exam fee waived.
  - Diplomates must put this request in writing prior to submitting an application.





# The confusion?!? The phase in....

- Did your AOBEM certificate expire in 2020 or earlier?
  - You will need to complete the traditional written OCC exam.
- I just re-certified in 2019, when do I have to enter CORE?
  - You can continue taking 8 COLA modules over the next 10 years or immediately enter into CORE in 2020 or 2021 without a COLA requirement.
  - You may enter CORE if you passed 6 COLA modules



## FAQs

- > When can I start taking CORE?
- > How is CORE administered?
- > How do I register for CORE?
- > What is the deadline to register for CORE?
- > What is the fee for CORE?
- > How much CME is awarded for passing CORE?
- > What happens if I don't pass CORE?
- > After passing CORE, do I still need to take COLA modules?
- ✓ I just re-certified in 2019, when do I have to enter CORE?  
You can continue taking 8 COLA modules over the next 10 years or immediately enter into CORE in 2020 or 2021 without a COLA requirement. Please refer to the [phase-in plan](#) under the 2029-2031 expiration year to view your options.
- > I purchased COLA modules for my previous certification. Can I get a refund?
- > I have a subspecialty certification in Emergency Medical Services or Medical Toxicology. How do I maintain my subspecialty certification?
- > Is CORE timed?



AMERICAN OSTEOPATHIC  
BOARD OF EMERGENCY MEDICINE

**CORE: Continuous Osteopathic Recertification Examination**

Expiration Year	Requirement (All COLA requirements must be completed prior to applying for the new Annual OCC Exam (CORE))
2020	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <u>2020</u> .
2021	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <u>2021</u> . or The diplomate MAY start the new Annual OCC Exam in <u>2020</u> IF the diplomate has passed 7 COLA modules.
2022	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <u>2022</u> . or The diplomate MAY start the new Annual OCC Exam in <u>2021</u> IF the diplomate has passed 7 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2020</u> IF the diplomate has passed 6 COLA modules.
2023	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <u>2023</u> . or The diplomate MAY start the new Annual OCC Exam in <u>2022</u> IF the diplomate has passed 7 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2021</u> IF the diplomate has passed 6 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2020</u> IF the diplomate has passed 5 COLA modules.
2024	The diplomate must have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <u>2024</u> . or The diplomate MAY start the new Annual OCC Exam in <u>2023</u> IF the diplomate has passed 7 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2022</u> IF the diplomate has passed 6 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2021</u> IF the diplomate has passed 5 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2020</u> IF the diplomate has passed 4 COLA modules.
2025	The diplomate MUST have passed 8 COLA modules and take the new Annual OCC Exam (CORE) in <u>2025</u> . or The diplomate MAY start the new Annual OCC Exam in <u>2024</u> IF the diplomate has passed 7 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2023</u> IF the diplomate has passed 6 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2022</u> IF the diplomate has passed 5 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2021</u> IF the diplomate has passed 4 COLA modules. or The diplomate MAY start the new Annual OCC Exam in <u>2020</u> IF the diplomate has passed 3 COLA modules.

Expiration Year	Requirement (All COLA requirements must be completed prior to applying for the new Annual OCC Exam {CORE})
<b>2026</b>	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <b>2026</b> .
	or The diplomate MAY start the new Annual OCC Exam in <b>2025</b> IF the diplomate has passed 7 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2024</b> IF the diplomate has passed 6 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2023</b> IF the diplomate has passed 5 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2022</b> IF the diplomate has passed 4 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2021</b> IF the diplomate has passed 3 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2020</b> IF the diplomate has passed 2 COLA modules.
<b>2027</b>	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <b>2027</b> .
	or The diplomate MAY start the new Annual OCC Exam in <b>2026</b> IF the diplomate has passed 7 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2025</b> IF the diplomate has passed 6 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2024</b> IF the diplomate has passed 5 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2023</b> IF the diplomate has passed 4 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2022</b> IF the diplomate has passed 3 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2021</b> IF the diplomate has passed 2 COLA modules.
<b>2028</b>	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <b>2028</b> .
	or The diplomate MAY start the new Annual OCC Exam in <b>2027</b> IF the diplomate has passed 7 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2026</b> IF the diplomate has passed 6 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2025</b> IF the diplomate has passed 5 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2024</b> IF the diplomate has passed 4 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2023</b> IF the diplomate has passed 3 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2022</b> IF the diplomate has passed 2 COLA modules.
<b>2029-2031</b>	The diplomate MUST have passed 8 COLA modules AND take the new Annual OCC Exam (CORE) in <b>2029</b> .
	or The diplomate MAY start the new Annual OCC Exam in <b>2028</b> IF the diplomate has passed 7 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2027</b> IF the diplomate has passed 6 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2026</b> IF the diplomate has passed 5 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2025</b> IF the diplomate has passed 4 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2024</b> IF the diplomate has passed 3 COLA modules.
	or The diplomate MAY start the new Annual OCC Exam in <b>2023</b> IF the diplomate has passed 2 COLA modules.
or The diplomate MAY start the new Annual OCC Exam in <b>2022</b> IF the diplomate has passed 1 COLA.	
or The diplomate MAY start the new Annual OCC Exam in <b>2021</b> WITHOUT a COLA requirement.	
or The diplomate MAY start the new Annual OCC Exam in <b>2020</b> WITHOUT a COLA requirement.	
Upon successful completion, the diplomate will <b>only</b> take the new annual OCC exam (CORE) each year going forward.	
<b>New Diplomates</b>	All new diplomates, upon successful completion of the initial certification process, will enter directly into CORE.

<b>CORE</b>	The New Annual OCC exam
	40-60 questions
	Based on 2-3 core content areas from the Table of Specifications and 4 current practice changing articles
	Choose 4 of the 8 available articles
	Current up to date topics mixed with core EM concepts
	Conveniently and comfortably take at home
	Open book exam. Use the educational resources typically available to you in the ED
	Diplomates may take the exam up to 3 times with a one-week delay between attempts.
	\$210/year
	No COLA requirement once you have entered into the annual certification process. (See table above)
	10 AOA category 1B CME credit hours
Final deadline to purchase CORE is December 1st. Final deadline to complete is December 31st.	
<b>CORE Core Content</b>	2020: Respiratory/Thoracic; Hematology/Immunology
	2021: Musculoskeletal; Nervous System
	2022: Toxicology; Cutaneous
	2023: Trauma; Psychiatry
	2024: ID, EMS/Disaster
	2025: Environmental, Cardiovascular
	2026: Abdominal/GI, Administration
	2027: OB/Gyn, Endocrine/metabolic
2028: HEENT, Renal/urogenital	
<b>CORE Reentry</b>	<p>A diplomate that fails the CORE exam after 3 attempts MUST take the Initial Certification examination to reenter the certification process. Upon successfully passing the Initial Certification exam, the diplomate will begin CORE examinations that year. A diplomate will be considered expired/inactive if they do NOT participate in the annual CORE exam.</p> <p>Physicians re-entering the certification process within three (3) years of expiration/inactivation of their certification may re-enter the process by sufficing any outstanding CORE examinations not fulfilled when the certification became inactive. The date of certification will be effective on the date that all requirements have been satisfied.</p> <p>Physicians wishing to re-enter the certification process three (3) or more years following the expiration/inactivation of their certification must take and pass the primary written certification examination and suffice any outstanding CORE examinations not fulfilled when the certification became inactive. The date of certification will be effective on the date that all requirements have been satisfied. Candidates must participate in the first available administration of the exam. The candidate will have two (2) attempts to pass primary written certification examination. If unsuccessful on a given administration, the candidate must participate in the next available examination administration. Candidates who were not successful in becoming certified at the end of the first CORE re- entry pathway process may pursue certification only by petitioning the certifying board for entry into the CORE final pathway process.</p>

**AOBEM OCC Reentry**


Candidates currently in the reentry process sitting for the Cognitive Assessment Examination will have two (2) attempts to pass the Cognitive Assessment Examination. If unsuccessful on a given administration, the candidate must participate in the next available examination administration. Candidates who were not successful in becoming certified at the end of this process may pursue certification only by petitioning the certifying board for entry into the final pathway process.

**CORE Final Pathway**

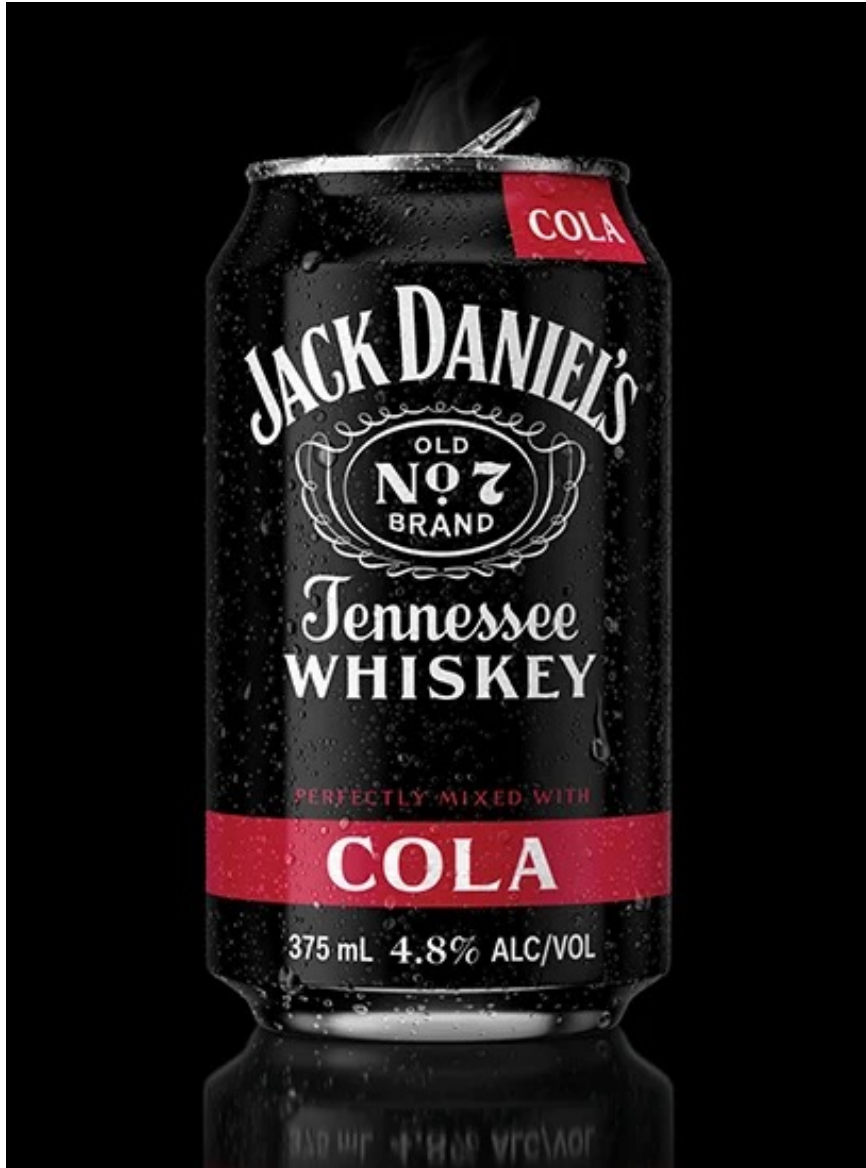
Candidates must petition AOBEM for entry into the final pathway process. Candidates will have to attend a live Emergency Medicine CME event approved by AOBEM. Upon completion of the course, the candidate must follow the final pathway outlined below.

- Candidates must pass the Initial Certification Examination.
- Candidates must participate in the first available administration of the exam.
- The candidate will have two (2) attempts to pass the examination process.
- The candidate must successfully pass any outstanding CORE examinations not fulfilled when the certification became inactive.
- Candidates who are not successful in becoming certified at the end of the final pathway have no further opportunity to become certified by AOBEM.


Prorated COLA requirement to take CORE

 =must take CORE

	Calendar Year										
	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	
Expire 2020	8										
Expire 2021	7	8									
Expire 2022	6	7	8								
Expire 2023	5	6	7	8							
Expire 2024	4	5	6	7	8						
Expire 2025	3	4	5	6	7	8					
Expire 2026	2	3	4	5	6	7	8				
Expire 2027	1	2	3	4	5	6	7	8			
Expire 2028	0	1	2	3	4	5	6	7	8		
Expire 2029-2031	0	0	1	2	3	4	5	6	7	8	



# 55 BEST CORE EXERCISES



FLABFIX.COM

A graphic with a dark blue border. At the top, the text '55 BEST' is in red, 'CORE' is in large blue letters, and 'EXERCISES' is in large blue letters. Below the text is a side-view photograph of a muscular man in black shorts and yellow sneakers performing a sit-up. At the bottom right, the website 'FLABFIX.COM' is written in blue and red.



# QUESTIONS?

[HTTPS://CERTIFICATION.  
OSTEOPATHIC.ORG/EME  
RGENCY-  
MEDICINE/HOME/OCC-  
CORE-FAQ/](https://certification.osteopathic.org/emergency-medicine/home/oc-core-faq/)