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• CME help — get answers to your questions regarding managing your CME.
• Accreditation statements — Our website always provides a current list of accrediting organizations. Visit www.uptodate.com/cme.

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• Redeem your credit right from your mobile devices, including through the UpToDate mobile app, 24 hours a day, 7 days a week.
• UpToDate offers a variety of credits, such as AMA PRA Category 1 Credit™, AANP contact hours, and CFPC Mainpro+ Certified Self-Learning Credit.
• Several ABMS member boards accept credit earned from use of UpToDate for MOC. Log in to your UpToDate account to submit credits.
• Reflect on your search in real-time — answer your reflection questions while you are in a topic, then redeem the credits when you’re ready.

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Earning and redeeming your CME/CE/CPD credit

1. Redeem credits for point-of-care learning method
   - Log in to UpToDate and click the CME link in the top navigation menu.
   - You will see your CME dashboard with the options to redeem CME, view your history or seek help.
   - Click "Select Credits" to access credit for which you have yet to complete the required reflection. For credits you’ve already reflected on, click “Redeem Now.”

2. Credits will be displayed by “Credit Count” (see most recent earned credits by count) or by “Month Range” (see most recent earned credits over a time frame of your choice).
   - Select the credits you want to redeem and click “Continue.”
   - You may also choose to display only reflected credits.
   - If redeeming from a mobile device, tap each credit once to select.

3. Upon clicking “Continue”, if you are a point-of-care user, you will be asked to reflect on the goal of your search and the way you applied this information to your practice. Once completed, your credits will turn green.
   - Click “Continue.”

4. Upon clicking “Continue,” you will be asked to answer some evaluation questions.
   - Answer the questions and click “Submit.”

Once you have redeemed your CME/CE/CPD credit, your certificate is always available in your UpToDate CME History. Certificates and associated activity logs can be downloaded and printed any time.
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