



## Registration Instructions for IFM's Lifestyle Course

Use the discount code **NMC100Lifestyle** at checkout for **free** access to IFM's course, *Lifestyle: The Foundations of Functional Medicine*.

### ABOUT THE COURSE

Through interactive and detailed modules, you will learn how social determinants of health and other factors such as sleep, nutrition, exercise, stress, and social relationships affect various body systems and influence overall health. This on-demand course will equip you with the information and strategies needed to confidently and successfully guide patients, families, and communities toward impactful and sustainable change. The interactive format provides clinical insight and builds the tactical skills to design personalized lifestyle interventions that address the root causes of chronic disease. Guiding patients toward meaningful, sustainable changes in their health-related behaviors can significantly optimize well-being and help reduce risk of future disease. Course materials are available for a full six months after registration.

#### The Lifestyle Course includes:

- Over six hours of interactive material divided into easy-to-navigate, topical segments.
- Access to a selection of downloadable patient handouts and customizable food plans.
- Strategies for guiding patients through the stages of sustainable lifestyle change.

#### The key learning objectives:

- Gain foundational knowledge about the impact of lifestyle—including sleep and rest; exercise and movement; nutrition; relationships; stress management; and behavior modification—on health and well-being.
- Design lifestyle interventions that appropriately address the root causes of chronic conditions and dysfunction.
- Apply tools and techniques to personalize lifestyle interventions and meet each patient where they are.
- Improve patient engagement with lifestyle treatments and the important factors in making lifestyle changes sustainable, improving their resulting outcomes.

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## STEP-BY-STEP REGISTRATION INSTRUCTIONS

### *Before You Register*

**IMPORTANT:** First, please [log in here](#) to confirm that you have an active IFM account. Next, follow the specific instructions below depending on your situation and enroll into Nebraska Methodist's membership using the [form here](#).

Here's What to Do If...	
<p><b>You don't remember if you created an IFM account.</b></p>	<p>If you were not able to log in to the website, our team can help confirm if you have previously created an account. Please email <a href="mailto:orgmembers@ifm.org">orgmembers@ifm.org</a> with your first and last name and email address.</p>
<p><b>You can't remember your IFM account password.</b></p>	<ol style="list-style-type: none"> <li>1. Visit <a href="http://www.ifm.org">www.ifm.org</a> and click the "Log In" icon in the upper right corner of your screen.</li> </ol> <p> <b>Log In</b></p> <ol style="list-style-type: none"> <li>2. Click on "Forgot Password" underneath the account information and type in the email associated with your IFM account. Password reset instructions will be sent to your email.</li> </ol> <p>Email *</p> <input data-bbox="516 894 1101 974" type="text"/> <p>Password *</p> <input data-bbox="516 1026 1101 1106" type="password"/> <p><a href="#">Forgot password</a></p>
<p><b>You do NOT have an IFM account.</b></p>	<ol style="list-style-type: none"> <li>1. Visit <a href="http://www.ifm.org">www.ifm.org</a> and click the "Log In" icon in the upper right corner of your screen.</li> </ol> <p> <b>Log In</b></p> <ol style="list-style-type: none"> <li>2. Click on "Sign Up" and complete the registration form.</li> </ol> <p><b>Log in</b></p> <p><small>Welcome to the new website! If you have an IFM account and are logging into the new site for the first time, you will need to <a href="#">reset your password</a>. Don't have an account? <a href="#">Sign Up</a></small></p>

## How to Register for the Lifestyle Course

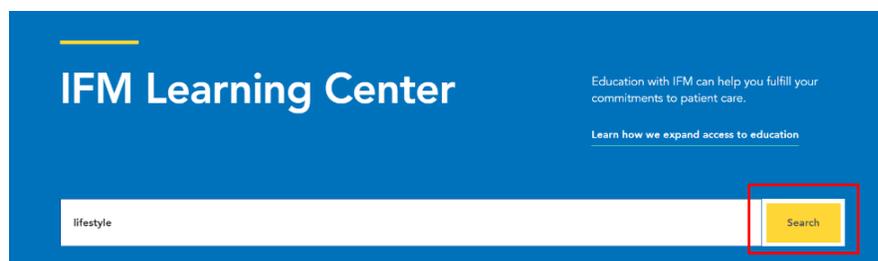
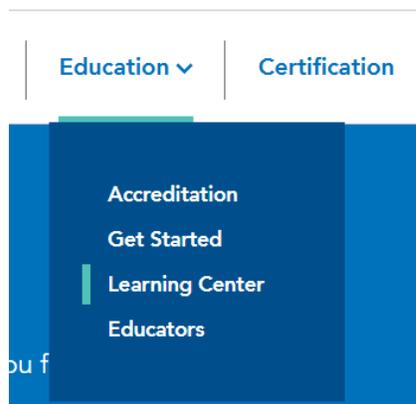
1. Log in to your IFM account by visiting [www.ifm.org](http://www.ifm.org) and click the "Log In" icon in the upper right corner of your screen.

 **Log In**

2. You will receive an email with a four-digit security code. Type the security code into the text box. If you don't receive an email, please check your spam/junk folder or email [orgmembers@ifm.org](mailto:orgmembers@ifm.org).

One-time security code \*

3. Once you are logged in, visit the [Lifestyle Course webpage here](#).
  - a. You can also access the course by selecting “Education” from the top menu and clicking “Learning Center.”
  - b. Type “Lifestyle” in the search bar of the Learning Center or scroll down the page until you find *Lifestyle: The Foundations of Functional Medicine* in the course offerings.



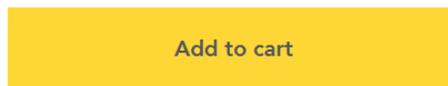
4. Select the Non-CME or CME version of the Lifestyle Course. The non-CME course is completely free to you!

**IMPORTANT:** If you would like to obtain CME credit for taking this course, there is an additional fee of \$30 that you will have to pay out of pocket.

CME/CE Credit \*

Non-CME ▼

5. Then click “Add to cart.”



6. Click the Cart icon in the upper-right corner of your screen.



7. Click “Check Out.”





- Under the Order Summary, enter the discount code **NMC100Lifestyle** in the coupon code text box and click “Apply Coupon.”

Total: **\$320.00**

Coupon code

[Apply Coupon](#)

**Note:**

- If you purchase the Non-CME option, the total will be \$0.

### Order Summary

Items (1):		
Lifestyle the Foundations of Functional Medicine - Non-CME		
On-Demand	Non-CME	\$0.00
Subtotal:		<b>\$0.00</b>
Total:		<b>\$0.00</b>
<a href="#">NMC100Lifestyle</a>		<a href="#">Remove Coupon</a>

- If you purchase the CME option, the total will be \$30.

### Order Summary

Items (1):		
Lifestyle the Foundations of Functional Medicine- CME		
On-Demand	CME	\$30.00
Subtotal:		<b>\$30.00</b>
Total:		<b>\$30.00</b>
<a href="#">NMC100Lifestyle</a>		<a href="#">Remove Coupon</a>



10. Accept IFM's Terms and Service and click "Continue" on the lower left side of your screen to complete registration.

11. You will receive an email at the address associated with your IFM account with instructions on how to access the course.

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## IMPORTANT INFORMATION

- Once you are registered, you will have **six months** to complete the Lifestyle Course. You may be asked to finish the course earlier than the six-month deadline depending on your instructor's requirements.
  - To receive a certificate of completion, you must complete the post-course survey that becomes available in your IFM account.
  - If you need continuing medical education (CME) credits and you did not purchase the CME option originally, please use the [link here](#) to purchase them separately.
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## A NOTE FROM THE IFM TEAM

We're deeply grateful to the **Ardmore Institute of Health (AIH)** for supporting this initiative through grant funding. This pilot program allows us to bring functional medicine education into academic institutions and prepare the next generation of clinicians to provide whole-person, root-cause care. By empowering future healthcare professionals to guide sustainable lifestyle change, we can transform patient outcomes on a global scale.

*The future of healthcare begins with you!*

To help us evaluate the impact of this pilot program, IFM will send a **short survey** toward the end of 2025 to assess your experience and its influence on your education and patient care. We would greatly appreciate your participation.