

# Underwriting Continuing Education Certification (CE) Program Credits

## Two-Year Certification Cycle – 50 CE Credits (Jan 2024 – Dec 2025)

This is not an exhaustive list of acceptable activities for CE credit. Use your judgment on the relevance of the activity to your technical or leadership career in underwriting. Reach out to [registrar@alu-web.com](mailto:registrar@alu-web.com) with any questions regarding credits/credit earning activities.

Acceptable Activities for Earning Continuing Education Credits	Maximum CE Credit Limitations during Two-Year Certification Cycle in 2024-25	Weighting/Credits
<b>Company Training (relevant to underwriting)</b>		
<b>Internal Presentations (50 minutes or more)</b> <ul style="list-style-type: none"> <li>• Medical Presentation</li> <li>• Non-medical Presentation</li> <li>• Case Clinics</li> </ul>	<b>Maximum 16 CE credits</b>	1 CE credit for each applicable presentation attended (50 minutes or more)
<b>Internal Presentations (less than 50 minutes)</b> <ul style="list-style-type: none"> <li>• Medical Presentation</li> <li>• Non-medical Presentation</li> <li>• Case Clinics</li> </ul>	<b>Maximum 8 CE credits</b>	½ CE credit for each applicable presentation attended (less than 50 minutes)
<b>Internal Advanced Underwriting Training Programs</b> (Minimum of 4 weeks – or 40 hours) <ul style="list-style-type: none"> <li>• Must be a formal program</li> <li>• Requires pre-approval by CE Certification Committee</li> <li>• Requires verification of completion provided by company</li> <li>• Does not include new hire training</li> </ul>	<b>Maximum 40 credits</b>	Send a request for program consideration to <a href="mailto:registrar@alu-web.com">registrar@alu-web.com</a>  A detailed description of course content/syllabus and hours required for program completion should be included.  A verification of completion is required for each underwriter, and credits will show as 0 until verification is complete.

Acceptable Activities for Earning Continuing Education Credits	Maximum CE Credit Limitations during Two-Year Certification Cycle in 2024-25	Weighting/Credits
<b>Virtual Training (industry)</b>		
<b>Webinar or Live Streaming Event (50 minutes or more)</b> <ul style="list-style-type: none"> <li>• ALU</li> <li>• AHOU</li> <li>• CIU</li> <li>• Reinsurer or Vendor</li> <li>• Other webinar or live streaming event (50 minutes or more)</li> </ul>	<b>No maximum</b>	1 CE credit per webinar or live streaming event (50 minutes or more)
<b>Short Webinars, Podcasts, or Live Streaming Event (less than 50 minutes)</b> <ul style="list-style-type: none"> <li>• ALU</li> <li>• AHOU</li> <li>• CIU</li> <li>• Reinsurer or Vendor</li> <li>• Other podcast or live streaming event (less than 50 minutes)</li> </ul>	<b>No maximum</b>	½ CE credit per podcast or live streaming event (less than 50 minutes)
<b>Virtual Learning Paths</b> <ul style="list-style-type: none"> <li>• LOMA Industry Advantage</li> <li>• LinkedIn</li> <li>• Other virtual learning paths (1-3 hours)</li> </ul>	<b>No maximum</b>	1 CE credit per virtual learning path (1-3 hours)
<b>Exams &amp; Courses (passed)</b>		
<b>ALU Exams</b> <ul style="list-style-type: none"> <li>• ALU 101, 201, 202, 301</li> </ul>	<b>No maximum</b>	20 CE credits per exam (passed)
<b>Advanced Professional Development</b> <ul style="list-style-type: none"> <li>• MBA program course</li> <li>• CLU course</li> <li>• Executive Leadership course or program</li> <li>• Other advanced professional development program or course (minimum 2 full days of content)</li> </ul>	<b>No maximum</b>	8 CE credits per course (passed)
<b>Other Industry Exams &amp; Courses</b> <ul style="list-style-type: none"> <li>• LOMA (excluding Industry Advantage courses) or other industry course or exam (such as ARA, ACS, PMP, HIA)</li> </ul>	<b>No maximum</b>	4 CE credits per course (passed)

<b>Other Professional Development Courses</b> <ul style="list-style-type: none"> <li>• Bachelor or Associate College or University course</li> <li>• Other professional development program or course (less than 2 full days of content)</li> </ul>	<b>No maximum</b>	<b>4 CE credits per course (passed)</b>
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Acceptable Activities for Earning Continuing Education Credits	Maximum CE Credit Limitations during Two-Year Certification Cycle in 2024-25	Weighting/Credits
<b>Publications &amp; Professional Development</b>		
<b>On-the-Risk (OTR)</b> <ul style="list-style-type: none"> <li>• Quarterly Publication (with completed OTR Quiz)</li> </ul>	<b>Maximum 16 CE credits</b>	<b>2 CE credits per publication with completed OTR Quiz</b>
<b>Industry or Professional Publications (content equivalent to 30 minutes, relevant to your career)</b> <ul style="list-style-type: none"> <li>• In-depth papers or articles</li> </ul>	<b>Maximum 8 CE credits</b>	<b>½ CE credit per paper or article (content equivalent to 30 minutes)</b>
<b>Formal Mentoring Program</b> <ul style="list-style-type: none"> <li>• AHOU Mentoring</li> <li>• Formal Company Specific Mentoring</li> </ul> <i>(Excludes regular development or referral programs)</i>	<b>Maximum 8 CE credits</b>	<b>½ credit for each formal mentoring session as a mentor or mentee (up to 50 minutes)</b>

<b>Presenting (industry or company)</b>		
<b>Presenter – National, Regional or Local Conference, Seminar or Meeting</b> <ul style="list-style-type: none"> <li>• National Conference</li> <li>• Regional Conference</li> <li>• Local or Regional Underwriting Seminar or Meeting</li> </ul>	<b>Maximum 16 CE credits</b>	<b>8 CE credits per presentation (repeat sessions do not qualify for separate credits)</b>
<b>Presenter – Internal Meeting or Hosted Webinar/Podcast</b> <ul style="list-style-type: none"> <li>• Company presentation</li> <li>• Industry presentation</li> <li>• Company or industry hosted webinar</li> </ul>	<b>Maximum 16 CE credits</b>	<b>4 CE credits per presentation (repeat sessions do not qualify for separate credits)</b>

<b>Volunteering (industry)</b>		
<b>Author or Contributor – Published Article</b> <ul style="list-style-type: none"> <li>• OTR Article</li> <li>• Other Published Article</li> </ul>	<b>Maximum 16 CE credits</b>	<b>8 CE credits per research paper or published article</b>
<b>ALU Exam Question Writers and Coordinators</b>	<b>Maximum 16 CE credits</b>	<b>8 CE credits per year of Involvement</b>

<b>Contributor – Underwriting or Industry Organization</b> <ul style="list-style-type: none"> <li>• ALU Board or Committee Member</li> <li>• AHOU Board or Committee Member</li> <li>• CIU Board or Committee Member</li> <li>• Local or Regional Underwriting Organization Committee Member</li> </ul> Other contributing member of an underwriting or industry organization	<b>Maximum 8 CE credits</b>	4 CE credits per year of involvement
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Acceptable Activities for Earning Continuing Education Credits	Maximum CE Credit Limitations during Two-Year Certification Cycle in 2024-25	Weighting/Credits
<b>In-Person Conferences, Seminars &amp; Meetings</b>		
<b>National Conferences (2 – 3 days)</b> <ul style="list-style-type: none"> <li>• AHOU Annual Conference</li> <li>• CIU Annual General Meeting</li> <li>• Other 2–3-day conference (such as CLIMOA, AAIM, SOA)</li> </ul>	<b>Maximum 16 CE credits</b>	8 CE credits per full conference
<b>Regional Conferences (1.5-2 days)</b> <ul style="list-style-type: none"> <li>• MUD Annual Conference</li> <li>• Midwestern Underwriting Conference (MUC)</li> <li>• Texas-wide Underwriting Conference (TWUS)</li> <li>• SEHOUA Conference</li> <li>• CIU Annual Education Seminar</li> <li>• Congrès de L’Association Québécoise de tarificateurs -vie</li> <li>• ALU Forum</li> <li>• Other 1.5-2-day conference/meeting</li> </ul>	<b>Maximum 12 CE credits</b>	6 CE credits per full conference
<b>Local Underwriting Seminars (0.5 – 1 day)</b> <ul style="list-style-type: none"> <li>• Local or Regional Underwriting Seminar</li> <li>• Canadian Living Benefits Seminar</li> <li>• Underwriting Association of Winnipeg Conference</li> <li>• Other 0.5-1-day seminar</li> </ul>	<b>Maximum 8 CE credits</b>	4 CE credits per full seminar
<b>Local or Regional Underwriter Meeting (50 minutes or more)</b> <ul style="list-style-type: none"> <li>• Event with a presentation on an educational topic</li> <li>• Other local or regional underwriting meeting</li> </ul>	<b>No maximum</b>	1 CE credit per meeting