

Key Messages for the 2021 cohort of MOC program participants from the Royal College

1. Although last year's annual requirements of 40 credits were waived due to COVID-19, MOC Program requirements have been reinstated for 2021.
2. To successfully close your cycle, you'll need to have reported the following requirements:
 - at least 400 credits per cycle
 - at least 40 credits per year
 - at least 25 credits in each of the three MOC sections (this is a cycle requirement, not an annual one)
3. Get an early start and document some of your MOC activities now. Remember that you can back report any activities you may have missed reporting since the beginning of your cycle. This will help you to avoid the rush around the January 31 reporting deadline later, and it will enable us to help you earlier if you wish to book a telephone appointment.
4. Check your Holding Area in your MAINPORT ePortfolio to complete any activities that may not have been fully submitted or delete any duplicates.
5. Remember to report all your recent COVID-19 learning (i.e. articles you read or Personal Learning Projects in Section 2 and practice improvements in Section 3). Check [accredited COVID-19 activities for Section 3](#).
6. Access our helpful tools and supports ([MOC Framework](#), [Activities you can record](#), [MAINPORT brochure \(PDF\)](#), [MOC FAQs](#), [MOC Tips](#)).
7. We have an extensive list of Section 3 Self-Assessment Programs (SAPs). From MAINPORT click on "Enter a CPD Activity" and in the Section 3 menu, choose "Accredited Self-Assessment Programs" to search for those that might be of interest to you.
8. We invite you to [contact the Royal College Service Centre](#) early for personalized support and guidance or to set up a telephone appointment. You may also wish to [contact your regional CPD Educator](#) for physician-to-physician support at cpd-ed@royalcollege.ca or [consult our website for more information](#).
9. If you are recording your CPD activities via the MAINPORT Mobile app, please ensure that you always have the latest version of the app installed in order to take advantage of new features and performance improvements.