



Certified Women's Health Specialist (CWHs) Certification Standards

1.0 Professional Standards

1.1 To be eligible for certification, the applicant must be a state or nationally licensed professional as listed below (or equivalent if practicing outside of the United States):

- Physical Therapist
- Physical Therapist Assistant
- Occupational Therapist
- Occupational Therapy Assistant
- Chiropractor
- Registered Nurse
- Nurse Practitioner
- Physician Assistant
- Physician
- Naturopathic Doctor
- Registered Dietician
- Certified Nutrition Specialist

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#)

2.0 Educational Standards

2.1 The applicant must complete the following education criteria (total minimum of 18 hours of continuing education):

Healthy Aging (minimum 3 hours) – understand the aging process related to areas such as perimenopause/menopause, nutrition, weight management, and/or metabolism

Hormone Imbalances (minimum 4 hours) – basic awareness of hormones involved in thyroid, estrogen, endometriosis, PCOS, PMS, and/or normal menstruation cycles

Pelvic Health (minimum 4 hours) – understanding of concerns such as pelvic floor function, cystitis, bowel dysfunction, and/or sexual dysfunction

Pregnancy and/or post-partum care (minimum 2 hours) – appropriate care for concerns related to fertility/infertility, prenatal/postnatal exercise, breastfeeding, birth control, and/or parenting support

Common conditions found in women (minimum 4 hours) – identifying and managing conditions such as autoimmune disorders, osteoporosis, fibromyalgia, heart disease, Alzheimer, and/or cancer

Socio Cultural Well-Being (minimum 1 hour) – support for stress, mental health, lifestyle, relationships, and/or cultural considerations

2.2 Suitable education sources are approved continuing education as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 2 years of initial application for certification.

3.0 Certification Application Process

1. Upload the following documents:
 - a. A copy of the applicant's professional license
 - b. Copies of completion of training as outlined in the Educational Standards
2. Payment of certification application fee

Evergreen Certifications will certify applicants who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

4.0 Renewal of Certification

To maintain certification, a renewal is required after your initial 2-year certification. The steps to apply for a 2-year renewal are as follows:

1. Upload the following documents:
 - a. A copy of your professional license
 - b. Completion certificate for twelve (12) clock hours of continuing education related to women's health
2. Remit renewal fee

Renewal training hours need to have been taken in the time since you were certified or last renewed. Renewals are calculated from the date that your certification was issued.

If you allow your certification to lapse for more than 2 years from your certification end date, you are no longer eligible to renew and instead can reapply for certification.