

COMPLEX LEVEL 1

QUICK OVERVIEW



WHAT IS LEVEL 1?

COMLEX-USA Level 1 integrates foundational biomedical sciences with other areas of osteopathic medical knowledge relevant to clinical problem-solving and the promotion of health maintenance. It's typically taken at the end of your 2nd year of medical school, before starting clinical rotations.

EXAM BREAKDOWN

Pass/Fail Exam; No Numerical Score Given

Questions: 320, broken into eight 40 question blocks

Total Testing Time: 8 hours excluding tutorial and breaks

- 4 hours allotted for AM session
- 4 hours allotted for PM session
- 1 hour per 40 question block

Exam: Divided into two sessions with 4 (1 hour) sections in each = 8 sections total

Break Time: 60 minutes

- Scheduled break after each block of 40 questions
- Candidates may use as much or as little break time as they feel necessary during any given scheduled optional break. Use of these optional breaks does not reduce candidates' available testing time. Please note that if the entire amount of pooled break time (60 minutes) is exhausted before the end of the examination, any additional time spent on these breaks will decrease available remaining examination time.
- Any unscheduled break takes time away from your testing session not your 60-minute pre-allotted break time.
- Once you complete a block and proceed to the next 40 question block, you cannot return the previous block to review questions.

Study Timeline - Exam taken upon completion of year 2 (May-July)

HOW TO STUDY

- Incorporate 3-layered approach during second year in medical school: **Master Blueprint, Medical School content, COMLEX-style Qbank** (COMBANK OR COMQUEST)
 - Organize Qbank questions to match the content you are studying
 - Cross reference medical school content with Master Blueprint measured objectives
- Take **WelCOM** practice tests when you feel ready (ex: 1 during winter break, 1 during spring break, 1 at the start of summer break, 1 a week before COMLEX test date)
- Note: Most schools will provide access to one question bank - COMLEX oriented consisting of OMM material
 - COMQUEST, COMBANK (TrueLearn)

RESOURCES

QUESTION BANKS

COMBANK (TrueLearn)

- Mapped to NBOME Blueprint
- Explanations for both correct and incorrect answer choices
- Performance analytics and real-time national benchmarking
- Questions, answer choices, and program format mimic that of COMLEX-level 1

WelCOM

- 4 forms of 75 COMLEX-style questions (300 questions total)
- Rationales for both correct and incorrect answers for each question
- Each question directly correlated to Master Blueprint by an element number
- Performance dashboard navigating you where your strengths and weaknesses lie

UWorld

- 3,600+ questions at or above exam-level difficulty
- Can customize tests and quizzes from questions bank
- Rationales for correct and incorrect answers with illustrations and diagrams
- Advanced performance tracking to assess strengths and weaknesses

CONTENT REVIEW RESOURCES

First Aid

- 1,000 colored clinical images
- 1300+ high-yield facts and mnemonics
- Test-taking advice
- Very popular for content review
- Mainly to review pathology

Pathoma

- 218 page full color text
- Over 300 often tested full color images
- 35+ hours of online videos covering the entire text
- Mainly to review pathology

OMT Review by Robert G. Savarese

- OMM review book for COMLEX
- Question sets in back of book

COMPLEX LEVEL 2-CE

QUICK OVERVIEW



WHAT IS LEVEL 2-CE?

COMPLEX-USA Level 2-CE is a one-day, computer-based assessment that integrates application of knowledge in clinical and foundational biomedical sciences with other physician competencies related to the clinical care of patients and promoting health in supervised clinical settings. It is typically taken upon completion of your third year of medical school.

EXAM BREAKDOWN

Scoring: The number of test questions answered correctly (the raw score) in each Level of COMPLEX-USA is converted to a standard score, which is then used to determine a pass/fail designation.

- Passing Score: 400

Questions: 320, broken into eight 40 question blocks

Total Testing Time: 8 hours excluding tutorial and breaks

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- 4 hours allotted for PM session
- 1 hour per 40 question block

Exam: Divided into two sessions with 4 (1 hour) sections in each = 8 sections total

Break Time: 60 minutes

- Scheduled break after each block of 40 questions
- Candidates may use as much or as little break time as they feel necessary during any given scheduled optional break. Use of these optional breaks does not reduce candidates' available testing time. Please note that if the entire amount of pooled break time (60 minutes) is exhausted before the end of the examination, any additional time spent on these breaks will decrease available remaining examination time.
- Any unscheduled break takes time away from your testing session not your 60-minute pre-allotted break time.
- Once you complete a block and proceed to the next 40 question block, you cannot return the previous block to review questions.

HOW TO STUDY

- Integrate COMPLEX Level 2 studying into daily clinical rotations by **linking study topics to patient encounters** and common presentations seen on service
- Organize studying **by rotation**, prioritizing high-yield diagnoses, management algorithms, and osteopathic considerations relevant to each specialty
- Use the **COMPLEX Master Blueprint** to guide content review and ensure coverage of NBOME-tested competencies and measured objectives
- Reinforce learning with **rotation-specific medical school resources** to strengthen clinical knowledge and decision-making
- Complete COMPLEX-style Qbank questions daily or near-daily (e.g., COMQUEST or COMBANK), selecting questions that align with the current rotation

RESOURCES

QUESTION BANKS

COMBANK (TrueLearn)

- Mapped to NBOME Blueprint
- Explanations for both correct and incorrect answer choices
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WelCOM

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TIPS & TRICKS

Approach

- Use your clinical rotations as context for question bank review.
- Sync your Qbank to your rotation (e.g., internal med, peds, surgery).
- Regularly revisit Master Blueprint objectives and align them with Qbank performance.
- Keep a running list of weak topics and review them systematically.
- Mimic test-day conditions when taking practice tests.
- Treat every end of rotation exam (COMAT/Shelf) as a way to gauge your knowledge in that clinical subject.

Summary

- Trust your clinical training, it's your biggest asset.
- Focus on practical decision-making skills and osteopathic principles.
- Choose high-yield, proven resources.
- Practice daily. Review constantly.
- **You've done this before. You'll do it again.**

COMPLEX LEVEL 1

STUDY TIMELINE

Fall Semester

- Become acclimated to your courses and any new extracurriculars you are engaged in.
- Plan to purchase a question bank and start reviewing the MasterBlueprint about 1 month or 2 into the school year. It is never too early to start doing practice questions and familiarizing yourself with board content.

Winter Break

- If you have not yet, purchase 1 or 2 resources that interest you and fit your learning style.
- Schedule your exam at this time.

January

- Continue to focus on doing well in your courses. Cross reference medical school content with Master Blueprint measured objectives.
- Dedicate time to using your board study materials. Determine how they work for you.
- Identify very general weaknesses in your knowledge base (i.e. pharmacology).

February

- Finalize study materials/resources that you will be using. You should be getting comfortable with them.
- Use Question Banks, Master Blueprint, and other study materials (First Aid) to augment material taught in classes.

March

- Solidify a general study plan.
- You should be covering content and practicing questions daily now
- Identify your weaknesses and knowledge gaps.
- Set goals of what you want to cover and when within your study plan.

April

- You should now be very comfortable with your prep materials.
- Create and enact a specific study plan. Hammer your question bank and use practice tests to gauge your progress.

COMLEX

DAY OF EXAM & AFTER EXAM TIPS

Day of Exam

- Spend the day prior to your exam doing something you enjoy rather than cramming last minute
- Ensure a good night's rest
- Bring plenty of food and water - this is a long day and staying hydrated and fed is important
- If you drink caffeine, bring more than enough

Day of Exam

- Dress in layers - nothing is worse than being too hot or too cold while testing!
- Double check you have valid ID with you
- Arrive 30-45 minutes early to get checked in - the sites check students based on the order they arrive, and not everyone will be taking Level 1

Day of Exam

- If you don't know the testing facility well - drive by the day before so you can plan your morning drive and parking
- During breaks, in addition to food and the bathroom, try to get up and move around. Getting outside is best!

After the Exam

- Take a BREATH! You have made it through the hard part.
- No matter how you feel about the exam, take some time to relax and do something that fulfills you.
 - Grab dinner, spend time with friends, get a sweet treat, start that TV show you've been meaning to watch

After the Exam

- Don't spend your time worrying about the exam. There's nothing more that you can do until you get your results.
- Your score will be available in 4-6 weeks.
- Enjoy some time away from studying while you can!