

DOT CHECK LIST OF REQUIREMENTS PRIOR TO EXAM

Marianna Health & Wellness, P.A.
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Requirements have changed and additional documentation is required for your medical examiner to complete your DOT physical. To help us complete your DOT physical in a timely manner, please bring with you to your visit any of the following which are marked. If you have any of the conditions highlighted, bring that information as well. Bring all medications with you. Having your test results and letters from your treating physician will help us certify you more easily. If you do not have the required information, we will not be able to certify you and you will need to come back with this information. Most chronic health conditions including high blood pressure will only allow us to certify you for one year or less. If you have a history of high blood pressure, take blood pressure medication, or have a blood pressure 140/90 or higher at the time of your visit, you will not be given a 2 year certificate.

We follow the Department of Transportation guidelines in the Medical Examiner's handbook to determine if you meet guidelines for CDL medical clearance and the length of time you may be certified. It is YOUR responsibility to report to your employer and your examiner if a serious illness, injury, or surgery occurs during the time you are certified. For those instances, you should have medical clearance before returning to work.

- _____1. If you require **correction to your vision**, whether or not you routinely wear contacts, you must bring a pair of glasses with you to the exam.
- _____2. If you wear **hearing aids** please bring them and extra batteries.
- _____3. If you have had a **Heart Attack, MI, Stents, angioplasty (ballooning), or Angina**, you will require a cardiology consult BEFORE your CDL exam. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process. You will need to bring a copy of your most recent EKG and your last exercise stress test results.
- _____4. If you have had a **Stroke, Seizure, Traumatic brain injury, or TIA** you will require a Neurology consult BEFORE your CDL exam. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process.
- _____5. If you have **Diabetes** you are required to bring a letter from your treating doctor, BEFORE your CDL Exam; with specific areas addressed to include a 1-month log of fasting blood sugars and most recent HgA1c. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process. Bring in all diabetes medications and fasting blood sugar log over the last month
- _____6. If you have adult **ADHD or ADD** and are being treated for this we need a consult from your treating PCP or mental health provider with specific information, BEFORE YOUR CDL EXAM. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process.
- _____7. If you are currently being treated for **Depression or other mental illness**, we need a consult from your treating PCP or mental health provider with specific information. BEFORE YOUR CDL EXAM. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process.
- _____8. If you have **Sleep Apnea or Sleep Disorder** we need a consult from your sleep specialist or PCP with specific information. BEFORE YOUR CDL EXAM. Please call our office for assistance with this Consult. We have a form letter for the Dr. to make this an easier process. If you use a CPAP machine, we will need to see usage statistics for the last month. Your company that manages the CPAP machine can do this for you.
- _____9. If you are on **medications**, bring them with you to your visit. If you are on medications that require level monitoring, like coumadin or warfarin, bring a copy of your most recent lab test results.
- _____10. If you have a **pacemaker**, you will need to bring documentation of annual pacemaker check.

Thank you for choosing Marianna Health & Wellness, P.A. for your DOT physical.