

Federal Motor Carrier Safety Administration (FMCSA)/Department of Transportation (DOT) Physical Requirements

At FRFP our FMCSA/DOT qualified providers are here to assist you with medical exams needed for CDL licensure. Our goals are to help drivers through the medical process as quickly and easily as possible while ensuring that those with a CDL license have no medical conditions that may impair public safety. Here are the steps to get your evaluation completed as quickly as possible.

STEP 1: Ensure you are in good health **before** you present for CDL evaluation.

- We recommend an office visit with your primary physician a few weeks prior to your CDL.
- If you have a chronic medical condition including High Blood Pressure, Heart disease, COPD, Diabetes, etc. It is required that you have seen your Primary Care Doctor within the last 6 months.
- If you have heart problems a letter from your Cardiologist or other specialist concerning chronic conditions is required before clearance can be approved. This letter must be within the past 6 months.
- If you have been diagnosed with Sleep Apnea you are required to bring your compliance summary. Minimally acceptable compliance is defined as greater than 4 hours of use for at least 70% of the days. A compliance summary is an electronic print out that lists your hours and days of use. Printed directly from the machine/machine provider. This documentation must be presented at time of exam. If not provided at time of exam this will result in an automatic failure.

STEP 2: Schedule your appointment

- We recommend you schedule a CDL appointment 2-4 weeks prior to your DOT medical expiration date.
- On the day of the CDL exam please arrive 15 minutes prior to your appointment to complete patient paperwork.
- To speed up your visit please fill out the driver's portion (Section 1 "Driver Information") of the Medical Examination Report prior to your visit.

STEP 3: Your exam includes:

- A review of your health history.
- A thorough physical exam including your blood pressure and pulse.
- A urine test.
- Vision and hearing test.
- Additional lung testing if you smoke and are over 40 years old or have COPD.

- Additional testing is required for some chronic conditions including heart disease.

STEP 4:

- We will complete the Medical Examination Report for Commercial Driver Fitness Determination form and its supporting documentation, including DOT physical forms.
- You must pass all DOT physical requirements in order to be cleared for your CDL medical card.

Keep the following in mind before your DOT physical visit:

- Insurance does not cover this exam - some employers may pay for this exam. For employer reimbursement we can provide a detailed receipt.
- We charge \$100.00 at check in for the initial exam. Additional fees may apply for further testing if required to pass examination and reexamination if the initial exam is failed.

Here is a list of items to bring that may be helpful:

- Glasses if vision requires a prescription
- Hearing aids if you have needed them in the past
- Please bring all of your medication bottles with you to your appointment
- Your current DOT medical card
- Letters from your specialist and PCP if required

You may find additional information about your DOT medical certification at www.fmcsa.gov or a Virginia DMV location.

Front Royal Family Practice DOT/CDL Clearance Letter

APPLICANT: _____

DOB: _____

Your CDL medical examination begun on _____ is not complete at this time. To complete medical determination for your DOT/CDL, your personal physician must provide more information about the following condition(s) checked below.

Sincerely,

Name of Examiner: _____

Signature of Examiner: _____

Required reports for common conditions (Must attach explanation, notes and/or lab reports.):

HIGH BLOOD PRESSURE:

- Physician letter documenting blood pressure readings on at least three separate days with physical exam and note documenting blood pressure is controlled and there is no end organ damage.

DIABETES:

- A letter from your primary physician stating you have been seen in the 6 months prior to CDL exam. Include copies of recent physician reports, Hemoglobin A1C and any diagnostic tests (i.e., Cardiac stress test, nerve conduction study, eye examination) documenting good control, absence of significant hypoglycemic events and lack of end organ damage.
- If you have Diabetes controlled with insulin you need to have an Endocrinology visit and a Diabetes exemption form completed by the Endocrinologist. You can find this form on www.fmcsa.dot.gov.
- Copy of specialist report within 6 months of CDL exam.

HEART DISEASE:

- A copy of all recent diagnostic tests (i.e., EKG, cardiac stress test, holter monitor, echocardiogram) documenting that your condition is stable.
- List of all medications and letter from your treating physician (Primary Care Doctor) that the medications cause no side effects that interfere with driving.
- Copy of specialist report within 6 months of CDL exam.

SLEEP APNEA RISK:

- If you have a neck circumference above 17 inches or a BMI of >33 and/or associated risk factors for sleep apnea you will need to see your treating physician (Primary Care Doctor) for a referral/order for sleep study.
- If you have a sleep apnea diagnosis you are required to provide a use of c pap compliance diary including days, hours of use, and settings.

HEARING LOSS:

- Failed hearing screening requires appointment with an Audiologist to determine if there is a need for hearing aids.

POOR VISION:

- Vision must be at least 20/40 with or without correction in both eyes. Will need to see ophthalmology for paperwork completion and full evaluation before returning for CDL.

SPECIALIST LETTERS:

OTHER:

- _____