

As of May 21, 2014, the Department of Transportation updated their recommendations and regulations for certified CMV drivers. In order to meet these requirements, additional information or testing may be needed by our providers in order for you to be qualified for a DOT license. You can reference these changes by visiting <http://www.fmcsa.dot.gov/regulations/medical>.

This checklist is to help smooth the transition for you and to inform you of the new regulations. If you do not have all the information today, your physical exam may still be completed but you will not be able to receive your DOT certificate until the additional information is provided to us. If further evaluation or testing is needed by a specialist or through your primary care provider, you have 30 days to complete the necessary testing and bring the results to our center. Testing completed greater than 30 days after the physical examination will require you to have a repeat physical examination.

Please review the checklist below. If you have any questions, please do not hesitate to ask.

## **Vision**

- If you require correction in your vision, you must be wearing your contact lenses and/or bring a pair of glasses with you to the examination.

## **Hearing**

- If you wear hearing aids, you must bring the hearing aids with you.

## **Blood Pressure**

- Your blood pressure MUST be below 140/90 on the day of your exam, or you may not qualify for a DOT card.

## **Heart**

- If you have had a heart attack, angioplasty (with or without stents), congestive heart failure, heart disease, or any heart surgery, a cardiologist consultation is required. You must bring your most recent cardiac stress test results (within the past 2 years), echocardiogram results (post heart attack, post bypass surgery, congestive heart failure) and a clearance letter from your cardiologist.
- If you have a pacemaker, you must bring documentation of your most recent annual pacemaker check (must be within 12 months). If you have an ICD (intracardial defibrillator) or a dual ICD-Pacemaker you may not be qualified as a CMV driver.

## **Neurological**

- If you have had a stroke or TIA (mini-stroke), seizure, intracranial bleed, brain infection, dizziness or episodes of passing out, a neurological consult is required. You must bring a clearance letter from your neurologist.

## **Diabetes**

- If you have diabetes, you are required to bring a letter from your treating provider, either your PCP or endocrinologist, that documents a HgbA1C level of less than 10% within the past 6 months and a clearance letter stating your diabetes is under control. Per the Federal Motor Carrier Safety Administration anyone who is an insulin dependent diabetic must have The Insulin-Treated Diabetes Mellitus Assessment Form (MCSA-5870) completed by their endocrinologist or primary care provider.

## **Sleep Disorder**

- If you have sleep apnea or a sleep disorder, you will require a consult with a sleep specialist. If you currently are prescribed a CPAP machine, then you must bring proof of a compliance which is obtained from your CPAP machine supplier.

## **Psychiatric**

- If you are being treated for adult depression, any psychiatric disorder, or attention deficit/hyperactivity disorder, you must provide documentation from your PCP or mental health provider about your diagnosis and treatment plan including your medications and stability without side effects for clearance to drive a commercial vehicle.

## **Other**

- If you take blood thinners such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.
- If you have an abdominal, thoracic or other aneurysm or have had surgery for an aneurysm you will need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- Bring a list of ALL medications you are taking, including dosage.
- If you have experienced the permanent loss of use in an arm or leg, please bring an overview from your physician of the injury and any work restrictions due to that injury. You may need a Skilled Performance Examination in order to qualify for your DOT card.

Clearance letters, additional information, and/or test results can be brought back in person, mailed or faxed to the University of Maryland Urgent Care center where you received your exam.