



4116 Wismann Lane – P.O. Box 3765 – Quincy, IL 62305
217-228-2644 – 800-747-2644 – Fax 217-222-7423 – www.sisbroinc.com

_____, This is a reminder that your DOT Physical Expires on _____.

After you have your Recert Physical it is your responsibility to ensure that your new medical card is on file with your states licensing agency, also please inform me after getting it on file.

To determine if a driver is medically fit the medical providers will often require documentation relative to current or past medical conditions. The following is a list of medical conditions and the required documentation that would be needed. Please review the following and ensure you have followed these steps prior to notifying your fleet manager that you are ready for the appointment to be set for your Recert Physical.

Medications

You must bring a list of all current medications. Bring the script, bottle or the Name, Dose and How often taken.

Surgical Procedures

If you have had any surgical procedures since last DOT physical you must bring a release from the treating physician stating you are ok to drive a CMV (Dental not included)

Hypertension (high blood pressure)

Any driver who has been diagnosed with hypertension needs to see their primary provider yearly. Drivers must bring a list of current medications. Drivers will be given a maximum one year medical certificate but may be less if newly diagnosed with hypertension or if uncontrolled.

Check list for each visit

- Letter from primary medical provider indicating if compliant with treatment and treatment plan
- List of medications

Diabetes

A driver who has been diagnosed with diabetes needs to see their primary provider at least once a year and if not currently controlled may be required to be seen more often. Drivers must bring a letter from their provider indicating current medical treatment; indicate if driver is compliant with treatment, and if driver has experienced any adverse side effects including hypoglycemic (low sugar) events. Drivers must bring copy of most recent labs performed including HgbA1c (3 month average sugar) and have a current list of medications. Drivers will be given a 1 year maximum certification but may be less if diabetes is not controlled. Drivers who require insulin to control their diabetes will be required to obtain a medical exemption.

Check list for each visit

- Letter from primary medical provider indicating if compliant with treatment and treatment plan
- Copy of most recent labs including BMP (basic metabolic panel) and HgbA1c
- List of medications

Sleep Apnea

If a driver is currently having symptoms of daytime sleepiness / somnolence they will be disqualified until testing has been performed.

A driver must agree to continued use of BiPAP or CPAP once diagnosed with sleep apnea. Oral devices are not currently recognized by the DOT as an appropriate form of treatment of sleep apnea.

You may be required to bring documentation regarding use of the sleep apnea machine.

Coronary Artery Disease

After the initial treatment, any patient who has had a heart bypass, stent, or diagnosed with a heart attack needs to be seen by a cardiologist on a yearly basis and may be required to have a stress test / exercise treadmill test. They must bring a letter from their cardiologist indicating current treatment plan and if any history of angina or syncopal (passing out) episodes. Drivers must also have a copy of their most recent stress test results. Driver will be given a maximum of 1 year certificate but may be shorter if deemed necessary.

Check list for each visit:

- Letter from cardiologist indicating if compliant with treatment and clearance for driving
- List of medications
- Copy of most recent stress test
 - o If history of bypass, need stress test yearly starting 5 years after procedure
 - o If history of stent placement, need stress test every 2 years
 - o If history of heart attack with/without stent, need stress test every 2 years

Sincerely,

Glenn Meyers



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Director of Safety

Summary of some of the Minimum requirements to pass physical

Vision

- At least 20/40 acuity (Snellen) in each eye with or without correction.
- At least 70° peripheral in horizontal meridian measured in each eye.

Hearing

- Must first perceive forced whispered voice \geq 5 ft., with or without hearing aid. Or average hearing loss in better ear \leq 40 dB

Blood Pressure

- Driver is Qualified if Blood pressure is \leq 140/90
- If it is $>$ 140/90 medical examiner should take at least two readings to confirm BP.
- If higher than 140/90 medical examiner will discuss with patient what treatment and or monitoring needs done in order to be compliant. May receive a 3 month, 6 month or 1 year physical.

Diabetes

- A driver who uses insulin for control does not meet the minimum physical requirements of the FMCSRs.

Side note BMI ranges

- $<$ 19 is considered underweight
- 19 to 24 is considered healthy
- 25 to 29 is considered overweight
- 30 to 35 is considered obese
- 36 to 40 is considered severely obese
- 40 to 50 is considered morbidly obesity
- $>$ 50 is considered super obese