

You are scheduled for a DOT physical with Firelands Corporate Health on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

In order to maintain compliance with DOT standards, **our Providers may need further documentation from you before your DOT card can be issued.** We have listed common conditions that require documentation. This is not an all-inclusive list, but should be used as a general guideline. Should you have further questions or concerns before your appointment, please contact Corporate Health at 419-557-5052.

#### **Cardiac Conditions**

- If you have seen a cardiologist for any heart conditions (atrial fibrillation, heart attack, stent placement, open heart surgery, etc.) you will need to bring documentation from the cardiologist stating you are medically stable and able to safely operate a commercial motor vehicle.
- If you've had a stress test or echocardiogram, please bring a copy with you to your appointment.

#### **Diabetes**

- You will need your most recent A1C (obtained within the last 3 months).
- Electronic, printed records from your self-glucose monitor
- If you are insulin-dependent, you must bring a completed federal form MCSA-5870. This should be completed by whoever prescribes your insulin.

#### **Sleep Apnea**

- You will need to bring your CPAP compliance report for the last 90 consecutive days.

#### **Coumadin**

- If you take this medication, you will need to bring your last INR with you.

#### **Medications**

- Certain medications may be disqualifying. Your provider will require an updated list of current medications and dosages. They may also request a statement from your prescribing physician of your ability to drive while taking medications.