

DOT Physical Examination

Many professional drivers are required to get physicals on a regular basis.



Ortonville Area Health Services

Our FMCSA Certified Medical Examiners are available to assist with medical certification for commercial drivers to fulfill Department of Transportation (DOT) regulatory requirements. A certified examiner may be a doctor, physician's assistant, or nurse practitioner who is certified and registered with the FMCSA. For more information on certification and requirements check out the Federal Motor Carrier Safety Administration online at www.fmcsa.dot.gov

OAHS FMCSA Certified Medical Examiners:

- Kelsey Henningson-Kaye, Physician Assistant
- Heather J. Tietjen, Family Nurse Practitioner

Insurance & Billing

- The DOT Medical examination does not replace an annual well-ness physical with your primary care provider.
- Insurance does not pay for the DOT Medical Examination and payment is due at time of visit. OAHS will not file a claim to your commercial insurance.
- Some employers may cover the cost of the examination. Employer must call our Patient Financial Services Department to arrange for OAHS to bill them for the cost of the examination. 320-839-4096 or PFS@oahs.us
- DOT physical price: \$115.00
- DOT physical follow up: \$35.00

DOT Restrictions

There are some restrictions for commercial drivers who have certain health problems. You must have at least 20/40 correctable vision in both eyes. The DOT does allow you to wear contact lenses or glasses to improve your vision. You cannot use narcotics, amphetamines, or other habit-forming drugs if you want to obtain or renew your commercial driver's license.

How to prepare for your DOT physical

- Eyeglasses? Contact lenses? Hearing aid? Whichever you use, bring it with you.
- Bring a list of your current medications as well as the name and contact number of the doctor who prescribed them.
- Complete the Driver Information and Health History sections of the Medical Examination Report form. Don't forget to sign and date the form.
- Supply your provider with medical records for conditions such as diabetes, cardiac disease, sleep disorders, neurological conditions, etc. If you take medications for pain, psychiatric conditions, attention deficit disorder, or smoking cessation for example, bring a letter from your treating doctor.

Driver Health History

Before meeting with the medical provider, you must fill out the top part of the DOT physical form. The first section has room for your name, Social Security number, birthdate, driver's license number, address, and telephone number.

The second section asks about your medical history. You must indicate whether you have had any of the following:

- Brain injuries or neurological disorders
- Heart attack or heart disease
- Digestive problems
- Psychiatric disorders
- Dizziness or fainting
- Missing limbs
- Spinal cord injuries
- Epilepsy or seizures
- Loss of hearing
- Impaired vision
- Kidney disease
- Paralysis
- Stroke
- Chronic pain

You should answer each question truthfully, or you could face serious legal consequences in the future.

DOT Physical Exam Procedure

If you want to comply with federal law, a qualified medical provider must complete your DOT physical form. The medical provider will review your health history and ask you to list the medications you take on a regular basis. During your DOT physical, the provider will also do the following:

- Check your pulse and blood pressure
- Perform a vision test
- Observe your general appearance
- Examine your eyes, throat, mouth, and ears
- Listen to your heart and lungs
- Check for spine deformities
- Perform a neurological exam
- Press on your abdomen to check for abnormalities
- Perform a hernia check
- Collect a urine sample – please come with a full bladder

Tips for having your blood pressure taken:

- Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured.
- Before the test, sit for five minutes with back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart.
- Wear short sleeves so your arm is exposed.
- A full bladder can change your blood pressure reading. Collection of urine will take place prior to blood pressure reading.

DOT Physical Forms

Once the medical provider completes all the DOT physical requirements, you will discuss any hazards created by your health history or current medical condition. The provider must document these hazards on your DOT physical form and determine whether you meet the standards for receiving a medical certificate.

If you meet the standards and do not require periodic medical monitoring, your certificate will be valid for two years. In some cases, the medical provider will issue a certificate that lasts for only three months, six months, or one year. The provider will also note whether you must wear a hearing aid or corrective lenses. If you do not meet the standards, the provider will not be able to issue a valid medical certificate.