



## DOT Medical Certification Requirements

12/23/20

1. It is the Driver's responsibility to schedule their DOT Physicals with the Onsite Clinic
2. Physicals must be done every 1 – 2 years based on expiration date of your card
3. Physicals should be scheduled approx. 30 days before Medical Certification Card expires
4. Temporary Medical Cards or Extensions will no longer be provided
5. Driver is required to bring all clearance letters from primary / treating physician at the time of scheduled DOT Physical. A new medical clearance letter is required each year for any of the conditions below

### **Example of Medical Conditions that require a Medical Clearance.**

- Illness or injury within the last 5 years
  - Head/Brain injuries, disorders or illnesses
  - Seizures, epilepsy
  - Eye disorders or impaired vision (except corrective lenses)
  - Ear disorders, loss of hearing or balance
  - Heart disease or heart attack; other cardiovascular condition
  - Heart surgery (valve replacement/bypass, angioplasty, and pacemaker)
  - High blood pressure
  - Muscular disease
  - Shortness of breath
  - Lung disease, emphysema, asthma, chronic bronchitis
  - Kidney disease, dialysis
  - Liver disease
  - Digestive problems
  - Diabetes or elevated blood sugar controlled by diet, pills or insulin
  - Nervous or psychiatric disorders e.g. severe depression, anxiety
  - Loss of, or altered consciousness
  - Fainting, dizziness
  - Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring
  - Stroke or paralysis
  - Missing or impaired hand, arm, foot, leg, finger, toe
  - Spinal injury or disease
  - Chronic low back pain
  - Regular, frequent alcohol use
  - Narcotic or habit forming drug use (including prescriptions)
6. Medical Cards must be filed with the state no later than 5 calendar days from date of exam. This can be done online.
  7. No reimbursement for filing Medical Certification late.
  8. Failure to file your Medical Certification in a timely manner will disqualify your CDL and you will be suspended from the CMV Program until your CDL has been reinstated.