

Tips for the D.O.T. physical

- Schedule your physical 2-4 weeks before your health card expires
- There will be a urinalysis as part of your physical. Please come with a full bladder so you do not have delays getting your health card
- When prescribed medical treatment (especially medications), let the prescribing doctor know you drive under DOT regulations and check the DOT website as well for restrictions to your license.
- **Sleep Apnea**- we will need “documentation of use” from the sleep clinic if you have been prescribed a CPAP machine for apnea
- If there is a history of **heart disease, diabetes, blood pressure, or physical impairment** we will need records from your prescribing doctor and specialist (if applicable).
- **Diabetes** -we will need a recent Hemoglobin A1c printout
- If you have high **blood pressure** your BP must be <140/90 at your exam. If you bring a medical note showing in that range within the 30 days of your exam, we will accept that.
- If you’ve had a past **heart attack** - we will need a Cardiologist release (with exercise tolerance test within the last 2 years)
- If you’ve had a past **angioplasty/stent**- we will need a Cardiologist release (with exercise tolerance test within the last 2 years)
- If you’ve had a past **Coronary Bypass**- we will need a Cardiologist release (with exercise tolerance test within the last 1 year, once 5 years post-surgery)
- If you have a **pacemaker**- we will need documentation of routine pacemaker checks
- **Prevention is the key** to long term DOT certification without unnecessary and burdensome hurdles. Exercise, sleep, and healthy eating are the best ways to prevent restrictions or disqualifications from commercial driving. Rapp Chiropractic believes in helping our drivers attain optimal health, please inquire about healthy habits and we will strive to connect you with meaningful resources