



**NORTH MISSISSIPPI
MEDICAL CLINICS**

WORK LINK_{sm}

The Federal Motor Carrier Safety Administration (FMCSA) has specific regulations and guidelines for the medical examination of commercial motor vehicle drivers. Truck driving has the third highest fatality rate among common occupations in the United States. For this reason it is very important to ensure that all drivers meet the regulations set forth. While the health of the individual driver is important, the primary responsibility of the physician performing the commercial driver's license (CDL) health exam is to ensure the safety of the general public. For this reason, the guidelines have become more specific regarding certain health conditions.

The mission at Work Link is to provide our clients with a comprehensive medical exam that corresponds with the most up-to-date guidelines outlined by the FMCSA. The evaluation for a CDL exam includes a standardized history and medication review, in addition to the physical examination. We anticipate that many drivers who have been previously certified or who are seeking initial certification may be unable to meet these standards. For that reason, this document has been created to provide information and awareness of the FMCSA regulations regarding certain health conditions. To prevent potential delays and DOT certification problems, please carefully review this guide. Our goal is to successfully recertify each and every driver on time, so please help us make it happen for you and your employees. As always, we welcome your questions or concerns regarding this matter and look forward to ensuring that your company has healthy drivers on the road.

Dr. Dee Dee Coker
Medical Director
Work Link Clinic
844 South Madison
Tupelo, MS 38801
(662)377-5300

If you have medical conditions such as high blood pressure, diabetes, heart disease, sleep apnea, or require sedating medications, you will need to provide additional information prior to receiving your DOT health card. Please refer to the chart below for items that will be needed to demonstrate control of your medical problem. We will ask for this information **BEFORE** issuing a final recommendation for card duration, so please bring it with you on the day of your exam. ****Please note:** we reserve the right to request additional information if incomplete or warranted.

HIGH BLOOD PRESSURE	DIABETES*	HEART DISEASE**	SLEEP APNEA	SEDATING MEDICATIONS
List of current medications and dosage.	List of current medications and dosage.	List of current medications and dosage.	Copy of most recent sleep study and/or CPAP compliance data.	Note from prescribing provider to include:
BP within range per DOT guidelines (<140/90) on day of exam.	Recent Hemoglobin A1C (within past 3mos)	Current ETT (treadmill test) within the past 2 years.	Compliance = Use of CPAP >4hrs daily on at least 70% of days.	<ul style="list-style-type: none"> • Diagnosis • Medication • Dosage
Letter from physician stating compliance with treatment recommended.	Levels must demonstrate adequate control (A1C<8%)	If no ETT, MUST have a letter of clearance from cardiologist.	Letter from specialist stating compliance with therapy recommended.	Letter from provider must also state that you are safe to drive while taking this medication.

*Diabetics requiring insulin for control of disease must receive a waiver through the *Federal Diabetes Exemption Program* prior to exam to be qualified.

**Heart disease is a complex disease process and requirements differ for different types of disease. For example, if patient has had CABG (“open-heart” surgery), ETT is required annually. Please contact our office for specific questions related to heart disease requirements.

Check the DOT Web site for further information on recertification and frequently asked questions at: <http://www.fmcsa.dot.gov/rules-regulations/topics/medical/faq.asp>



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