

Occupational Medicine Clinic

Federal DOT CMV Medical Examination Requirements Information

The Department of transportation CMV medical exam has specific requirements that must be met. In order to make your application process for a DOT certification go smoothly you should be prepared to provide the following when you come for your exam. Please use this document as a guide to prepare for your exam.

- If you require correction to your **vision**, you must bring a pair of glasses or corrective lenses with you to the exam.
- If you wear **hearing aids**, you must bring the hearing aids and an extra power source with you.
- If you have had a **heart attack, coronary artery stents, heart disease, chest pain or any heart surgery**, clearance from your cardiologist will be required BEFORE your CMV exam. At your CMV exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and a clearance letter from your cardiologist.
- If you have had a **stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope)**, you may be required to provide additional information from your treating provider prior to certification. Please bring any records you may have about your condition to your exam.
- If you have **diabetes**, you are required to bring a letter from your treating provider (primary care provider or endocrinologist) that documents an HgbA1C within the past 7 months. Please call your clinic for assistance.
- If you are being treated for **adult depression, any psychiatric disorder or attention deficit/hyperactivity disorder (ADHD)**, you are required to provide documentation from your primary care provider or mental health provider about your diagnosis and treatment plan including medicine for clearance to drive a commercial vehicle.
- If you have **sleep apnea or a sleep disorder**, you will need to provide a 90 day download of your CPAP data to be certified. Compliance must be at least 70% usage for ≥ 4 hours/night for this time period. The clinic does not have a card reader to download the results – do not bring your card to the appointment.
- If your **body mass index (BMI - a height/weight ratio)** is > 33 and you are found to have other risk factors for sleep apnea, you will be referred for a screening test. If you have previously completed screening, please bring the results of the test to your appointment.
- If you take **blood thinners, such as Warfarin (Coumadin)**, you must provide documentation of monthly INR results. You must have a therapeutic INR over the course of the three months preceding your certification.
- If you have a **pacemaker**, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you are on any **prescription or over-the-counter medications**, please bring your medication bottles or a current list of your medications with you.
- If you are taking **blood pressure** medication, make sure your blood pressure is 140/90 or less or your certification may be delayed.
- If you have an **abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm**, you will need a copy of a recent ultrasound and a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- If you see a health care provider for any **chronic health issue**, please bring a **copy of the last visit** with you to your appointment. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.

Be sure to bring to your appointment:

- Your **driver’s license**
- A copy of your current **physical exam report**
- The **physical exam long form** with the driver and health history portion completed by you.

This form can be found at the following link:

<https://www.fmcsa.dot.gov/regulations/medical/medical-examination-report-form-commercial-driver-medical-certification>

To Schedule Your DOT Physical Appointment:

We want to make the DOT Physical Exam process as efficient as possible for you. Anytime you contact us regarding your DOT Physical, please identify yourself and that you are calling specifically regarding your **DOT Physical Exam**.

To schedule your appointment please call **262-253-5150**. Please be prepared to provide your name and date of birth.

Please arrive for your physical exam 15 minutes prior to your appointment and bring all required documentation. The DOT Physical does not replace your annual physical with your primary care provider.

Froedtert and the Medical College of Wisconsin
 North Hills Health Center
 Occupational Medicine Clinic
 W129 N7055 Northfield Dr. Ste 400
 Menomonee Falls, WI 53051

Froedtert and the Medical College of Wisconsin
 Moorland Reserve Health Center
 Occupational Medicine Clinic
 4805 S Moreland Road
 New Berlin, WI 53151

Froedtert and the Medical College of Wisconsin
 Tosa Health Center
 Occupational Medicine Clinic
 1155 N Mayfair Road
 Wauwatosa, WI 53226

Froedtert and the Medical College of Wisconsin
 West Bend Health Center
 Occupational Medicine Clinic
 1700 Paradise Drive
 West Bend, WI 53095

Froedtert and the Medical College of Wisconsin
 Drexel Town Square Health Center
 Occupational Medicine Clinic
 7901 S 6th Street
 Oak Creek, WI 53154

Froedtert and the Medical College of Wisconsin

Other Resources:

You may check the websites listed below for clarification on any of the above requirements.

- Wisconsin Department of Transportation: <http://wisconsin.gov/Pages/dmv/com-drv-vehs/cdl-how-apply/medicalrequirements.aspx>
- Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.gov/>
- National Registry of Certified Medical Examiners: <https://www.fmcsa.dot.gov/national-registry-certified-medical-examiners-search>