

DOT Medical Examinations

New Regulations for DOT Medical Examination Cards became effective April 20, 2016.

WHAT DOES THIS MEAN FOR DRIVERS:

1. If a driver has been disqualified or provided a short-term Medical Examiner Certificate (MEC) by the Medical Examiner (ME), the driver will need to have a second medical examination to receive the subsequent certificate. The ME will no longer be able to modify or extend certificates without a second physical examination.
2. If it is determined during examination that a driver needs to provide the ME with additional medical information in order to be qualified, the ME can select “determination pending qualification” category, giving the driver 45 days to provide it.
 - A. If the information is returned within 45 days, the ME will determine based on the information provided whether or not a second examination is required.
 - B. If the additional information is returned on day 45 or later, the original examination will have expired and a second examination will be required.
3. Drivers caught with very short notice on certificate expiration will no longer be able to ask for an extension and will be required to have an examination and qualify for a new certificate before the expiration date in order to drive.

If you are currently taking medication or have a medical condition for which you are receiving treatment, please inquire as to the additional documentation from your primary care physician that may be necessary to clear you for your Medical Examiner Certificate.

Thank you for working with us to help make this process go smoothly for you!



DOT Medical Certification Information

1730 Haines Avenue
Rapid City, SD 57701
Phone: (605) 718-2778
Fax: (605) 718-2780

Dear DOT Driver,

The DOT medical certification process has changed in the recent years due to changes in government regulations. In order to prevent you from being temporarily disqualified or from receiving a limited DOT certification, you will need to provide all pertinent medical information at the time of your certification or your recertification physical exam.

In order to assist you in this process we are strongly advising you to bring information with you to your physical examination if you have any pre-existing medical conditions. Please be advised that some medical examiners may require more information than what is stated below. It is ultimately up to the medical examiner what information is needed.

Below is a list of our most common conditions and the information most medical examiners may wish to see:

- **Diabetes:** Medication list, recent HgbA1c, last office visit note and/or a letter from doctor summarizing your case and indicating functional activity restrictions and compliance with treatment. If you are using insulin, then please also supply at least 6-8 weeks of glucose monitoring logs and statements from your treating provider describing your history of hypoglycemia. **If you currently possess an insulin waiver, please bring a copy with you.**
- **Obstructive Sleep Apnea/Other Sleep Disorders:** Medication list, last office visit note and/or a letter from doctor summarizing your case and indicating functional activity restrictions and compliance with treatment. If applicable, submit a copy of your last sleep study report, any recent sleep specialist evaluations done within the last 12 months, and a current CPAP usage report for at least the last 3 months, preferably the last 12 months. "Adequate usage" is generally defined by the driver using CPAP greater than or equal to four hours per day 70% of the days.
- **Cardiac history of heart failure, coronary artery bypass/stents, and/or heart attack:** Medication list, last cardiology office visit note done within the last 12 months and/or a letter from the cardiologist summarizing your case and indicating functional activity restrictions and compliance with treatment. Copy of last echocardiogram report and/or stress test report.
- **Cardiac Arrhythmia (abnormal heart rhythm like atrial fibrillation, etc.):** Medication list, last cardiology office visit note done within the last 12 months, results from any diagnostic testing performed within the last 12 months, and/or a letter from the cardiologist summarizing your case and indicating functional activity restrictions and compliance with treatment. If you are currently using blood thinners such as Coumadin/Warfarin that require laboratory monitoring, then please also supply laboratory reports of your most recent INR's for the last 3 - 6 months. **If you have a pacemaker with a defibrillator, this is disqualifying.**
- **Cardiac Valve Conditions or Valve Replacements:** Medication list, last cardiology office visit note done within the last 12 months, results from any diagnostic testing performed within the last 12 months, and/or a letter from the cardiologist summarizing your case and indicating functional activity restrictions and compliance with treatment. If you are currently using blood thinners such as Coumadin/Warfarin that require laboratory monitoring, then please also supply laboratory reports of your most recent INR's for the last 3-6 months.

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- **Seizures/Epilepsy or Other Chronic Neurologic Conditions (such as Parkinson's Disease, Multiple Sclerosis, etc.):** Medication list, last neurology office visit note done within the last 12 months, results from any diagnostic testing performed within the last 12 months, and/or a letter from the neurologist summarizing your case and indicating functional activity restrictions and compliance with treatment. **If you are currently using anti-seizure medications you do not qualify for a medical card.** There is currently no Federal Waiver program for seizures.
- **Eye Conditions**, other than those corrected by glasses or contact lenses: Medication list, last ophthalmology office visit note done within the last 12 months, results from any diagnostic testing performed within the last 12 months, and/or a letter from the ophthalmologist summarizing your case and indicating compliance with treatment and any recommended activity restrictions. **If you currently possess a vision waiver, please bring a copy with you.**
- **Glasses/Contact Lenses/Hearing Aids:** Please insure that you have completed your usual annual exams with your personal treating providers PRIOR to your DOT examination so that your devices are up to date to meet standards. Please be sure to bring your glasses and/or hearing aids with you to your DOT exam.
- **Hypertension/High Blood Pressure:** If you have a history of high blood pressure, please insure that you are taking your medication prior to the DOT examination. Consider having your regular check-up with your own doctor prior to scheduling your DOT exam to insure your blood pressure is well controlled for the DOT exam. If your blood pressure is well-controlled, no further information should be necessary.
- **Other:** Please note that, in general, if you have any significant medical history, recent hospitalizations, surgeries, and/or any medical procedures you will need to provide documentation of these events, the outcome and clearance from your treating provider stating that the condition is resolved or stable, and your provider's recommendation on any functional activity restrictions. Please insure this documentation includes a medication list, last office visit note and/or a letter from doctor summarizing your case.

If you have any questions regarding what information is needed or if you have a condition that is not listed above and are unsure what information is needed, please feel free to contact BHOM at 605-718-2778.

Thank you for your assistance in this matter.

Your DOT Specialist