

Doc Levi Chiropractic, PLLC
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DOT PHYSICALS

Doc Levi Chiropractic, PLLC now offers DOT physicals for interstate drivers.

The National Registry of Certified Medical Examiners requires (as of May 21, 2014) that providers performing DOT physicals for interstate commercial drivers be FMCSA certified. Dr. Merritt has completed the required FMCSA training, and is certified as of 6/27/2014. His information can be obtained on the National Registry of Certified Medical Examiners website. His national registry number is 7439277027.

Dr. Merritt can examine commercial drivers from any state. DOT medical cards and forms are available at our clinic.

Our office accepts walk-ins, but appointments are encouraged.

Costs of the examinations are **\$60.00**.

Who Needs a Physical?

Medical certification in accordance with Federal Motor Carrier Safety Administration (FMCSA) physical qualification standards is required when the driver is operating a commercial vehicle in interstate commerce that:

- Has a combined gross vehicle weight or weight rating of 10,001 lbs. or more.
- Is designed or used to transport 9-15 passengers (including the driver) for compensation.
- Is designed or used to transport 16 or more passengers (including the driver) whether for compensation or not.
- Transports hazardous materials in quantities that require placarding under the hazardous materials regulations.
- When a driver returns from an illness or injury that interferes with driving ability, the driver must undergo a medical examination even if the medical examiner's certificate has not expired.

The medical examiner is responsible for certifying only drivers who meet the physical qualification standards. Certification cannot exceed 2 years, and at the discretion of the FMCSA medical examiner, may be less than 2 years. The Federal Vision and Diabetes Exemption Programs require annual medical certification.

Information for Drivers Prior to the Examination

The medical examiner's certificate expires at midnight of the day, month, and year written on the certificate. There is no grace period on the expiration. The driver must be re-examined and recertified to continue to drive legally.

Examples of paperwork that may be required **BEFORE** you are examined.

Diabetic Condition - Bring a list of medications and contact information of the prescribing doctor. Diabetic truckers may need to bring in a copy of your blood sugar results or hemoglobin A1C. You will also need proof of your diabetes exemption certificate if you have been issued one. If you have a diabetes exemption, include the endocrinologist's and ophthalmologist's/optometrist's report.

Vision - Bring your eyeglasses and/or contact lenses if you regularly require them. Bring documentation of your Federal Vision Exemption if you have been issued one. If you have a current vision exemption, include the ophthalmologist's or optometrist's report.

High Blood Pressure - Bring a list of medications and contact information of prescribing doctor. Tips to control blood pressure prior to the examination:

1. Do not consume caffeinated beverages or sugary drinks before the exam.
2. Avoid using nicotine.
3. Get plenty of sleep the night before.
4. Make sure you have taken your medications as prescribed.

Heart Condition - If you've had a heart attack, or any other cardiovascular disease, you'll need to bring a copy of your latest stress test or release from your cardiologist.

Sleep Apnea – Bring copies of your latest sleep study results. Let the Doctor know if you are beginning or if you are currently using a CPAP machine.

Musculoskeletal - Documentation of a Skill Performance Evaluation (SPE), if you have been issued one, due to fixed deficit of an extremity.

Substance Abuse - Results of Substance Abuse Professional evaluations for alcohol and drug use and/or abuse for a driver with alcoholism who completed counseling and treatment to the point of full recovery.

Medications - List all the prescription medicines you take, including strength and dosage. List over-the counter medications, such as antacids or allergy pills, and supplements as well.

Contact information – Have names and phone numbers of your doctors in case we need to call and have them fax missing information.

If you have any questions that have not been answered here, don't hesitate to call.

- Dr. Levi G. Merritt, D.C.