

## What You Need to Know for Your LiveWELL Care DOT Certification.

Please call 1-833-TEAL-NOW (1-833-832-5669) to schedule your DOT Physical. Once your appointment is scheduled, a member of the LiveWELL Care team will call you to go through this form and answer any questions.

Please bring this completed form to your DOT Physical appointment.

For your exam, it is helpful to know if you have any of the health problems listed below. Put a check mark (✓) in the box next to any of the health problems you have. We may need records, test results or more information based on the problem.

Vision Problems

- If you wear glasses or contacts for driving, bring them when you come for your exam

Hearing Problems

- If you wear hearing aids, bring them when you come for your exam

Diabetes

- If you do not take insulin- bring in a copy of your last A1C (in the last 3 months) and your kidney function testing from your medical provider (doctor, physician assistant, nurse practitioner).
- If you take Insulin- The provider treating your diabetes will complete the new form MCSA-5870, “Insulin-Treated Diabetes Mellitus Assessment Form”.
  - o This form must be done within 45 days of your DOT exam.
  - o Bring the form and your 3 months of printed electronic blood sugar logs with you. You need this to be considered for certification.

Chronic Kidney Disease (CKD)

- You may need to bring a statement from your provider (doctor, physician assistant, nurse practitioner) that clears you to drive a commercial vehicle
- You may need to bring lab records of your kidney and electrolyte function and an EKG or Echocardiogram

High Blood Pressure

- Check your blood pressure before the exam. It’s best for your blood pressure to be no higher than 140/90
- If you have a record of high blood pressure or if you are being treated for high blood pressure, you may get a card that is valid for less than 2 years

## Lungs

- Sleep Apnea
  - Bring a recent report of your CPAP or BiPAP use
  - Bring a report of your sleep study results
  
- Asthma
  - The provider may ask for medical records such as a pulmonary function test, chest x-ray or pulmonary clearance
  
- COPD
  - The provider may ask for medical records such as a pulmonary function test, chest x-ray, pulmonary clearance
  
- Smoker – if you are over 35 years old
  - The provider may ask for medical records such as a pulmonary function test, chest x-ray, pulmonary clearance

## Heart/Circulation

- Heart Attack
  - You may need to bring a statement from your cardiologist that clears you to drive a commercial vehicle
  - You may need to bring a record of an echocardiogram or other test such as a Cardiac Stress Test
  
- Cardiac Stent Surgery
  - You may need to bring a statement from your cardiologist that clears you to drive a commercial vehicle
  - You may need to bring a record of an echocardiogram or other test such as a Cardiac Stress Test
  
- Coronary Artery Bypass Graft Surgery
  - You may need to bring a statement from your cardiologist that clears you to drive a commercial vehicle
  - You may need to bring a record of an echocardiogram or other test such as a Cardiac Stress Test
  
- Blood clots or blood thinner treatment
  - You may need to bring a statement from your cardiologist that clears you to drive a commercial vehicle
  - You may need to bring PT/INR records with you from the past 30 days

## Brain/Nervous System

- Stroke, TIA or Aneurysm
  - You may need to bring a statement from your neurologist that clears you to drive a commercial vehicle
  
- Epilepsy/Seizures
  - You may need to talk to the Medical Examiner about your health problem
  
- Psychiatric/Mental Condition
  - You may need to bring a statement from your provider that clears you to drive a commercial vehicle
  
- Drug or Alcohol Addiction
  - You may need to bring a statement from your provider that clears you to drive a commercial vehicle

## Patient Attestation Statement:

By signing this paper, you agree:

- You have read and understand what you may need to bring for each listed medical problem.
- You are temporarily disqualified if you:
  - o Do not meet the requirements at this time and you come back before the 45 day period with the right information needed for certification
- You are disqualified and will need another full exam if you:
  - o Do not meet the requirements at this time and you come back after the 45 day period
  - o Have a shorter duration card (card that isn't valid for 2 years)

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_