

Dear Employer:

In order to ensure that your company drivers are provided the most efficient and effective one-stop quality services, we recommend the following information be passed to each driver.

Please come prepared to the exam by considering the following:

- Make sure to arrive at scheduled time or 5-10 minutes early.
- Please bring with you your Company ID, Driver's License, and current DOT certification card.
- If you wear **prescription contacts**, make sure you wear them and bring an extra pair of glasses for the exam.
- If you have **hearing aids**, bring them with you to the exam and an extra battery.
- If you take blood thinners such as **warfarin or Coumadin**, bring documentation that your INR has been regulated for at least the last month.
- If you have **Diabetes**, bring documentation of A1C of less than 8 and a month of fasting blood sugars. Documentation must be less than 6 months old.
- If you have been diagnosed with **heart disease, heart attack or other cardiovascular** condition, bring a copy of your recent cardiac stress test results completed within the last 2 years.
- If you have a **pacemaker**, bring documentation of annual pacemaker check.
- If you have been diagnosed with a **nervous or psychiatric disorder**, bring a letter from your psychiatrist clearing you to drive a commercial vehicle.
- If you have been diagnosed with **seizures or epilepsy**, bring documentation from your treating provider that you have been seizure free without taking seizure medication for 10 years.
- If you are on **ANY prescription medications**, bring the medication bottles with you.
- If you are taking **blood pressure medication** or if your blood pressure is greater than 140/90 during the exam, you **do not qualify** for a **2 year DOT** card and will be issued a card of less than 2 years.
- All individuals with **sleep disorders/obstructive** sleep apnea should be referred to a clinician with relevant expertise as an OSA diagnosis precludes unconditional certification. A driver with an OSA diagnosis may be recertified annually, based on demonstrating compliance with treatment. (Minimally acceptable compliance with Positive Airway Pressure (PAP) treatment consists of at least 4 hrs. per day of use on 70% of days. Optimal treatment efficacy occurs with 7 or more hours of daily use during sleep. The driver that does not report excessive sleepiness during the major wake period indicates OSA being effectively treated.)

Please call our office for any clarifications of requirements or questions. Thank you.

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