

## The New CDL Physical

The Walk-In Health Clinic is pleased to provide you with FMCSA-certified CDL physical examination. In keeping with the spirit of the new exam process, we thought it would be helpful to explain how it has changed.

The goal of the new CDL exam is to improve highway safety & to improve driver health. As a result, we will now examine you more closely for fitness for duty. Fitness implies that you are healthy & strong enough to perform *all tasks* related to driving a commercial vehicle.

In order to evaluate you, we now ask that you bring certain documents to your CDL physical. Your Medical Examiner needs to see these documents in order to evaluate your health status and also to be aware of any Federal or State waivers you might have.

To facilitate your CDL exam, please bring the following:

1. Your medication list, including doses & how you take the medication.
2. Your medical records if you have any chronic health issues like diabetes, high blood pressure, epilepsy, or breathing problems. If you have diabetes, we need a copy of your last diabetic eye exam *before* you see us. For diabetics, it is also helpful to bring a printed blood sugar monitoring log, if you use one. Please refer to the attached health history for the type of information we need to certify you.
3. Federal waivers for monocular vision, insulin use, and fixed limb deficit.
4. If you have an insulin waiver for *intrastate* driving, bring it as well.
5. A one-month read-out from your c-pap machine to document compliance if you have sleep apnea and use one for treatment.
6. Your completed medical history attached to this letter.

The sole purpose of your CDL exam is to determine fitness. If your Medical Examiner finds that you have a health problem concerning to the Federal Motor Carrier Safety Administration, they may either disqualify you or give you a temporary certification to give you the time to fix the problem. If you have not addressed the problem in the time allowed, you may not be certified to drive.

While the Walk-In Health Clinic does medically treat patients, its providers cannot treat drivers' problems *during* the CDL physical. Our role during is to screen you for fitness for duty. Problems identified during the course of your CDL physical need to be addressed in *separate visits*, ideally with your PCP or specialist. You will be responsible for bringing documentation of those visits to your next CDL exam. If you require multiple visits in order to complete CDL certification, you will be responsible for the cost of those visits.

We strongly encourage you to take your prescribed medications regularly and to come prepared to your visit. The FMCSA takes your health seriously. If you have been thinking about lifestyle change, now is the time to act.

## **You may need to bring certain materials to your CDL physical if:**

*You take medications—*

- your updated med list

*You have diabetes—*

- your last diabetes exam (done within the last 3-6 months)
- your labs (HbA1c, metabolic panel, urine tests, etc)
- last diabetic eye exam report (this is done yearly)
- an insulin waiver, if you have one & use insulin

*You have eye disorders—*

- your eye report discussing vision, including peripheral vision
- your glasses or contacts if you need them to drive

*You have had a heart attack, CABG, stenting—*

- your last cardiology consult
- your exercise tolerance test & echocardiogram

*You have sleep apnea—*

- copy of your c-pap chip readings
- your sleep evaluation report

*You have chronic pain—*

- a letter from your prescribing doctor stating they feel you can safely drive on your pain medication and are familiar with the demands of commercial driving.

You may be sent for further evaluation if your health status is unclear. You may receive a temporary certification or be disqualified depending on the nature of your health problems. Everything we screen you for—heart disease, vision loss, sleep apnea, etc.—is an occupational risk of driving. You will have to work harder now to be considered fit enough to commercially drive.

## **Pitfalls of the CDL screening process**

*Do any of the following statements apply to you? If so, we strongly recommend you start addressing them prior to coming for your CDL physical.*

I have high blood pressure.

I don't take my medications regularly.

I have diabetes, but don't know how to monitor my blood sugar or manage low blood sugar.

My stomach touches my steering wheel.

I snore at night.

I can't squat or kneel.

I can't put chains on my rig.

I have drug or alcohol dependence.

## CDL Health History

Please answer the following questions. Know that false or inaccurate information may invalidate your CDL certification.

	Yes	No
Have you had to see a doctor in the last 5 years?		
Have you ever been knocked out, had a concussion, or had other brain injury?		
Have you ever had a seizure or convulsions?		
Have you ever had to take seizure medication?		
Do you have problems with your eyes?		
Do you wear glasses or contacts?		
Do you have glaucoma, cataracts, retinopathy, or macular degeneration?		
Do you notice that your nighttime vision is worse than during the day?		
Do you wear hearing aids?		
Have you had a heart attack?		
Have you had heart surgery?		
Have you had a CABG or stent in your heart?		
Have you ever had a cardiac stress test—treadmill or nuclear stress test?		
Have you had a stroke, TIA, or mini-stroke?		
Do you have high blood pressure?		
Have you ever taken medication for your blood pressure?		
Do you smoke?		
Do you have an aneurysm? Do you know its size?		
If you are 65 years or older and have ever smoked, have you had an abdominal ultrasound to screen for abdominal aortic aneurysm?		
Do you have any problems with your muscles?		
Are you <u>unable</u> to kneel or squat?		
Are you <u>unable</u> to put on tire chains or hook-up a rig?		
Do you have breathing problems?		
Do you ever feel breathless?		
Do you have asthma?		
Do you have COPD, chronic bronchitis, or emphysema?		
Have you had any unexpected weight loss?		
Do have problems with your kidneys?		
Are you on dialysis?		
Do you have diabetes or pre-diabetes?		
Do you take medication for diabetes?		
Do you take insulin?		
Have you had low blood sugar relates to your diabetes medication?		
Do you have depression or anxiety?		
Do you take medications for problems with your mood or strong emotions?		
Have you ever taken medication for your nerves?		
Have you ever passed out or fainted?		

Do you have dizziness?		
Have you ever had vertigo or problems with your middle ear?		
Do you think you have narcolepsy?		
Have you ever been prescribed Provigil?		
Do you drink coffee or energy drinks?		
Do you have a green card for medical marijuana?		
Do you snore?		
Has any one told you (or have you noticed) that you stop breathing when you sleep?		
Are you bothered by daytime sleepiness?		
Do you have a missing finger, toe, hand, foot, leg or arm? Do you have a SPE waiver?		
Do you have problems with your spine?		
Do you suffer from chronic low back pain?		
Do you have more than 2 drinks a night?		
Have you been to rehab for alcohol or drugs?		
Do you take methadone?		
Do you have any concerns about your current level of alcohol use?		
Do you use prescribed narcotics?		
Do you have headaches that cause vision loss?		
Do you have any nerve or muscle disease?		
Have you ever had a Federal or State waiver or exemption?		

*If you checked 'yes' to any questions, please explain your reasons below. Thank you!*

I certify that I have answered these questions to the best of my knowledge.

Name	Date
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Reviewed by CDL Medical Examiner

Name	Date
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