

Medical Examination Requirements for Local Impact Drivers & FAQ's

Medical examinations can only be performed by a certified medical examiner (registered and approved by the Federal Motor Carrier Safety Administration). CareNow locations in the metro area are registered and approved locations at which to complete a medical examination. All necessary forms are provided at the medical location. Examinations cost \$95 at CareNow. DOT exams cannot be applied to a person's health insurance. The examination cost must be paid for by the driver and then submitted for reimbursement. A driver can choose to have the medical examination performed by his/her own primary care physician (if a registered and approved provider), though any expense over \$100 will not be reimbursed. Please contact your physician to determine if he/she is a registered medical examiner.

If the driver has cardiac condition, diabetes, corrective lenses or sleep disorders it is recommended to take any relevant documentation from his/her doctor that would indicate current status. For example, a diabetic patient's most recent lab reports and/or doctor's report. Lack of supporting documentation could prevent or delay the medical examiner from providing medical certification. Please see addendum with list of what you should bring with you to the exam.

Reimbursement requests should be submitted within two weeks. Please submit receipts to:

Church of the Resurrection

Attn: Michelle Van Pelt

13270 Roe Ave

Leawood, KS 66224

Please include your full name, address, email address and phone number with your submission.

Reimbursement will be mailed within 2-4 weeks.

Nearby CareNow locations (\$95 exam) :

13551 Madison Ave

Kansas City, MO 64145

(near the Target on Stateline)

Monday – Friday, 8am – 8pm

Saturday-Sunday, 8am-8pm

7935 W 151st St

Overland Park, KS 66223

Monday – Friday, 8am – 8pm

Saturday – Sunday, 8am – 8pm

3500 West 95th St

Leawood, KS 66206

Monday – Friday, 8am – 8pm

Saturday – Sunday, 8am – 8pm

5/25/16

DOT EXAM FAQ's:

What is a DOT Physical Exam?

A DOT physical exam is required by the Federal Motor Carrier Safety Administration (FMCSA) and is designed to ensure that there are no pre-existing medical conditions that might impair a driver's ability to safely operate a commercial motor vehicle. A DOT physical exam is valid for up to 24 months and a Medical Examiner's Certificate will be given to the driver as proof that all medical requirements have been met.

What Are the DOT Medical Requirements?

The basic medical requirements that need to be met in order to receive a Medical Examiner's Certificate include:

- Driver must have 20/40 vision in each eye with or without corrections
- Driver must have a blood pressure reading of 140 over 90 or less
- A current diagnosis of any cardiovascular disease or cardiac issues will require additional documentation from a primary care provider and may require further evaluation based on the cardiac conditions
- Driver with known diabetes will be required to provide HgA1C records from a primary care provider showing patterns of blood sugar
- Driver should not use any habit forming drugs

Who Will Perform the Physical Exam?

An experienced doctor or advanced medical practitioner who is FMCSA-certified will perform the DOT physical exam. CareNow is recommended.

What Should Drivers Bring With Them to the Physical Exam?

Bring along with the following (if applicable):

- Valid driver's license
- Medication list
- Glasses, contact lenses, or hearing aids
- Federal Vision or Diabetes Waiver
- Skills Performance Evaluation (SPE) Certificate
- Medical records from a primary care provider if:
 - Conditions such as cardiac disease, diabetes, sleep disorders, or neurologic disease exist
 - Prescribed medications are taken for pain, anxiety, depression, seizures, sleep disorders, muscle psychiatric disorders, or ADD/ADHD, spasms, or smoking cessation

Who Needs a DOT Physical Exam?

According to the Federal Motor Carrier Safety Administration (FMCSA), a person is required to have a physical exam and carry a U.S Department of Transportation (DOT) medical certificate if he/she owns a commercial motor vehicle (CMV). A CMV is defined as:

- A vehicle that has a gross vehicle rating or gross combination weight rating or gross vehicle weight or gross combination weight of 4,536kg or 10,001 pounds or more; or
- A vehicle that is being used to transport more than 8 passengers (including the driver) for compensation; or
- A vehicle that is being used to transport more than 15 passengers, including the driver, and is not used to transport passengers for compensation; or
- A vehicle that is being used to transport hazardous material in a quantity requiring placarding for interstate commerce.

What is the Cost of the Physical Exam?

The cost of a DOT physical exam is only \$95 at Carespot. No more than \$100 will be reimbursed should you decide to go to another certified facility/doctor.