



Preparing for Your DOT/19A Physical

When coming into Five Star or Five Star/ IMA for a DOT/19A physical, please be prepared to:

- Present a photo ID.
- Fill out the history portion of the DOT long form/19A form, the driver section of the DOT card, and a patient consent form.
- Remove your clothes (except for undergarments) and put on a gown before being seen by the provider.
- Be treated with outstanding customer service in a timely manner.

If you are diagnosed with any of the conditions below, please be sure to appropriately manage your chronic medical conditions and bring in any documentation required to help avoid any delays in getting your DOT card. This includes:

- Diabetes
 - Documentation from your physician that your blood sugar is under control. This includes documentation that you have not had any hypoglycemic episodes.
 - Your medication list
 - Your most recent (within the past 3 months) lab test of your Hemoglobin A1C. A Hemoglobin A1C of over 10% is disqualifying.
 - Your most recent fasting blood glucose
- High Blood Pressure
 - Ensuring your blood pressure is well-controlled (below 140/90 for DOT or 160/90 for 19A). Taking your medication as prescribed by your medical provider is key.
 - Your medication list
- Sleep Apnea
 - Wearing your CPAP machine nightly.

- Your report from your CPAP machine showing you are complaint
- Using a machine that measures your AHI. Ensure any leaks or problems with your CPAP machine are addressed immediately.
- Presenting one year of data from your CPAP machine on recertification is best practice.
- Medications
 - If you are currently taking any medications that are considered a controlled substance or may cause sleepiness or sedation, please bring a letter from your doctor prescribing stating it is safe for you to drive.
 - Avoiding any medications that may cause sleepiness or sedation while driving.
- Cardiac Issues
 - Bring all recent (within past 2 years) stress test, or any other tests completed within the past 2 years
 - A letter from your cardiologist showing you are under their care and safe to drive
 - Your medication list
- History of a stroke or seizure disorder
 - Bring a letter from your neurologist stating that you are under his or her care and your current neurologic state.
 - Your medication list
- Vision and hearing aides
 - If you wear corrective lenses (glasses or contacts), bring and wear them during your exam.
 - If you wear hearing aids, bring and wear them during your exam.

The above should be considered as a guideline only. Bringing in this information does not guarantee that you will be issued a DOT card or you will pass your 19A physical. Once the documentation is reviewed by a certified provider, he or she will explain the next step.

If you have any questions or are unsure on what you should bring to qualify as a DOT driver/19A, please contact your local Five Star location for more information.

Thanks for doing business with us.

Sincerely,

Luisa A Bellavia
Director of Occupational Health
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