

CDL DOT Physical Exam Services

Want to schedule a CDL DOT Physical Exam?

Call us at (765) 200-8008 for an appointment today! You can also email us at info@thrivewellness.clinic.

I understand the demands of commercial driving in Indiana can make life hectic. The following information gives a good overview of the process. In Indiana, the intrastate and interstate guidelines and regulations follow the Federal guidelines and regulations. That's why I try to make the DOT physical exam process as easy as possible for my drivers. My ultimate goal is to keep the roads safe, but I also want to the process for drivers run smoothly and as simply as possible while following the Federal regulations. That's why I offer DOT physical exam services here in Richmond, IN, for a reasonable price and can almost always get drivers in the same day or in advance given health conditions that require gathering information.

I understand that CDL DOT physical exams can be stressful. I try to remove as much stress from the exam as possible. I can often advise and work with drivers to help them meet the requirements in order to keep on driving. I also help my drivers stay qualified by addressing their issues and giving them advice on how to continue to meet the standards throughout the duration of their careers.

Anthony (Tony) Farley, NPC is a 2016 FMCSA National Registry Certified Medical Examiner, and is qualified to perform CDL DOT physical exams. Appointments are preferred, and are available 5 days a week at our Richmond, IN, office of Thrive Wellness. Tony is more than happy to discuss any questions you have on the phone, prior to your physical!

Helpful hints to prepare for your DOT physical exam:

Things to Plan in Advance:

If you have a medical condition, you're going to need some paperwork and gathering this in advance will expedite the process. This is not an exhaustive live of all conditions. It is a few examples of common conditions. We want to make this as stress-free as possible:

Diabetic Condition – Bring a list of medications and name and phone number of prescribing doctor. Diabetic truckers NEED to bring in a copy of your most recent hemoglobin A1C (a test that shows what the average blood sugar level over the past 3 months.)

High Blood Pressure - Bring a list of medications and name of prescribing doctor.

Heart Condition – If you've had a heart attack or cardiovascular disease, you'll need to bring a copy of your last stress test AND release from your cardiologist.

Sleep Apnea – Bring a copy of your latest CPAP usage results which must show at least 90 days of recent usage.

Medications – List all the prescription medicines you take, including strength and dosage. If you regularly take over-the-counter medications, such as antacids or allergy pills, list them, too. We also need prescribing physician and phone number.

Contact information – Have names and phone numbers of your doctors in case you need to call and have them fax missing information.

Dot Forms- Having your DOT/CDL forms completed prior to your appointment will make your visit time shorter and expedite the process. Here are the links to the FMCSA resource center and documents:

<https://nationalregistry.fmcsa.dot.gov/resource-center;>

[https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2022-03/Medical%20Examination%20Report%20Form%20MCSA-5875.pdf;](https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2022-03/Medical%20Examination%20Report%20Form%20MCSA-5875.pdf)

[https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2022-03/Medical%20Examiner%27s%20Certificate%20Form%20MCSA-5876.pdf;](https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2022-03/Medical%20Examiner%27s%20Certificate%20Form%20MCSA-5876.pdf)

DOT Physical Exam: Things To Do to Manage Your Blood Pressure:

- Make sure you don't run out of your prescribed blood-pressure medication.
- Remember to take your medication on schedule. If you forget, most doctors recommend taking your medication as soon as possible.
- If you're significantly late taking your medication, tell the doctor conducting the DOT physical you forgot to take your regular medication. If your blood pressure is too high, ask about re-checking your blood pressure later that day or re-scheduling the physical for another day.
- Cutting back on caffeine and nicotine can help improve your blood pressure.
- Reducing the amount of salty foods you eat and avoiding adding salt to your food may also help to lower your blood pressure. (30 percent of idiopathic hypertension [high blood pressure] is related to reduced sodium levels – Ask your physician.)
- Invest in a blood pressure cuff- you would not drive without gauges working in your truck. A blood pressure cuff is your gauges for your body.

- Cut back on coffee, sodas, energy drinks, potato chips, etc, and don't add salt to your food. Also reduce your use of nicotine as much as possible. Doing this can help lower your blood pressure reading.

The Day of the DOT Physical Exam:

Remember to bring the medical records you've prepared in advance, including your list of medications.

Remember to bring eye glasses and/or contact lenses.

Drink water, stay hydrated. You'll need to provide a sample

Getting Past 'White Coat' Syndrome:?

We have worked with drivers for many years. We understand that passing your DOT physical exam service is important to your continued career and your livelihood, and we're here to do everything we can to help you in accordance to Federal regulations.

FAQ's

Here is a list of questions we often hear from drivers:

What are the DOT physical requirements?

The best way to understand the DOT physical requirements is to go through the checklist that the medical examiner goes through to conduct the physical exam. [Here is a link to the FMCSA Medical Examination Report form.](#) FMCSA Rules and Regulations: Part 391.41.

Does a DOT physical include a drug test?

Drug testing is not part of a DOT physical exam.

What's involved in a DOT physical?

The process is pretty straight forward. We can complete your physical in 30 minutes to an 1 hour. I will check vision, hearing, basic physical muscle testing, neurologic testing, chest (breathing/heart auscultation), blood pressure, urine and more.

Essentially we are testing for fitness for duty meaning if your daily requirements are a function that

necessitates a basic requirement (ex. Being able to have use of your extremities), we will make sure you are able to adequately keep driving and not endangering yourself or others.

Why do I have to have a urine test?

The urine test is just a kidney screen to test for sugar, specific gravity, blood, and protein. It's done to determine that there is no early onset of conditions such as diabetes or kidney infection and is Federally mandated.

Can I obtain a copy of my DOT physical form?

Yes.

Can the DOT medical card be laminated?

Yes. Because you need to keep it with you at all times while you're driving, lamination helps to reduce the wear and tear on the card. How long is a DOT medical card good for? A DOT medical card is good for two years if you have no restrictions. A history of high blood pressure, taking high blood pressure medications, and/or taking oral medications for diabetes can restrict the medical card to one year or less if necessary.

How many 3-month DOT medical cards can you have?

One only. You should have the condition, which caused the restriction, under control by the end of the 3-month window.

Is there a difference between a DOT medical and a DOT physical?

No. These terms are used interchangeably. They are most often referred to as a DOT medical when referring to the DOT medical card, and DOT physical when referring to the DOT physical exam, and sometimes drivers refer to them as a CDL physical or CDL medical.

If I don't have medical insurance can I still get a DOT physical?

Yes. Insurance does not cover DOT physicals and we do not take insurance at Thrive Wellness. We are more than happy to provide a receipt that you can submit to your insurance, however.

How much does a DOT physical cost without insurance?

We Charge \$120.00 for the entire physical including urinalysis. Owner/operators are encouraged to call for potential discounts for their drivers. We charge the same price whether you have insurance or not.

How do overweight truck drivers pass the DOT physical?

Being overweight is not a restriction to passing the DOT Physical exam. It is the medical conditions that being overweight eventually leads to, such as high blood pressure, diabetes, heart disease and kidney disease, that may affect your ability to safely drive a commercial vehicle. That is what the DOT Physical exam will determine – whether you have any of these restrictive medical conditions. Getting healthy and staying healthy is your best guarantee for your life and your livelihood.

What are the DOT physical blood pressure requirements?

Here are the medical guidelines according to the Federal Motor Carrier Safety Regulations (FMCSRs).

Note that employers are allowed to impose more stringent medical requirements. (FMCSA Rules and Regulations: Part 391.41). Also see this [link](#).

A driver with a BP of less than 140 systolic and less than 90 diastolic may be medically certified to drive for a two-year period.

A driver with a BP of 140 – 159 systolic and /or a BP of 90-99 diastolic, has stage 1 hypertension, and may be medically certified to drive for a one-year period. Certification examinations should be done annually thereafter and should be at or less than 140/90.

A driver with a a BP of 160-179 systolic and/or a BP of 100-109 diastolic, has stage 2 hypertension, and is a candidate for antihypertensive drug therapy. The driver is given a one-time certification of three months to reduce his or her blood pressure to less than or equal to 140/90. Provided treatment is well tolerated and the driver demonstrates a BP value of 140/90 or less, he or she may be re-certified for one year from the date of the initial exam. The driver is certified annually thereafter.

A driver with a BP at or greater than 180 systolic and / or 110 diastolic has stage 3 hypertension and is disqualified. The driver may not be qualified, even temporarily, until blood pressure is reduced to equal to or less than 140/90 and treatment is well tolerated. The driver may be certified for 6 months and biannually (every 6 months) thereafter if at recheck BP is equal to or less than 140/90.

Drivers with Type 1 or Type 2 diabetes, or kidney disease require treatment if their blood pressure rises above 140/90, since they already have a high risk of heart disease.

Can a driver with mild sleep apnea get a CDL?

Obstructive sleep apnea does not necessarily disqualify you for a DOT medical card. Treatment with a CPAP machine and some basic lifestyle changes can help you get a restful sleep and maintain your commercial drivers license.

What are the truck driving vision requirements?

A commercial driver must have distant visual acuity of at least 20/40 in each eye. That means without corrective lenses, or with corrective lenses, you must be able to see 20/40 or better, with each eye individually as well as together. Your field of vision should be at least 70 degrees horizontally, and you must be able to recognize the standard traffic signal colors of red, green and amber.

What would cause me to fail a DOT physical?

The biggest cause for concern would be high blood pressure. Another concern is uncontrolled sugar in the urine. There are ways you can manage your blood pressure and blood sugar.

Any condition that would cause a loss of ability to control, operate, or drive a commercial vehicle safely – loss or impairment of limbs, poor visual acuity, insulin-controlled diabetes, high blood pressure (more than 180/110), heart disease, respiratory dysfunction, epilepsy, mental disorder, use of certain drugs, alcoholism.

See a complete list of FMCSA rules and regulations.

Our Location:

We are located at 1821 W. Main St., Richmond, IN 47374.

Here is a link to our location on google maps:

Here is our location on dotexamlocations.com:

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