



Stay Prepared on the Road.

We've got your DOT Physical needs covered. Here's what you need to know.

Arrowhead Health Centers offers DOT (Department of Transportation Commercial Drivers) exams and provides services for any commercial driver that requires a CDL (Commercial Drivers License).

Your Arrowhead Health Centers provider is certified and up-to-date with the National Registry System and has met the standards of Arizona state laws and Federal Motor Carrier Safety Regulations. All AHC's DOT Examiners are required to transmit monthly driver exams to FMCSA and are subject to periodic monitoring and audits. All of our DOT Examiners must maintain certification by completing training every five years and passing the exam every 10 years.

Injury

If you cannot use an arm or a leg, you should bring a doctor's note regarding how the injury happened. And, you may need an Skilled Performance Exam (SPE).

Diabetes

Your blood sugar must be under 200mg/dl on the day of your exam. You will need to bring a complete list of any medications you take with the correct doses noted. You may need to provide results from your last blood test called Hemoglobin A1C, a fasting blood sugar result or other records. Consider visiting your doctor prior to your examination to ensure that your blood sugar is well managed.

Eyeglasses, Contacts, & Hearing Aids

If you wear any of the above, then you must bring them with you as you are required to pass both a vision and hearing exam. If there is any question whether you will qualify, you should visit your eye or hearing doctor before your examination.

Blood Thinners

If you take the blood thinners Coumadin or Warfarin, then you must bring a recent PT/INR, as well as a letter from your doctor. It should describe your medical history and state that you are safe to drive a DOT registered vehicle.

High Blood Pressure

Your blood pressure must be at or below 140/90 on the day of your exam. If you are on medication for high blood pressure, you will need to bring a complete list with the correct doses. Consider visiting your doctor prior to your examination to ensure that your blood pressure is well managed.

Heart Trouble

If you have had a heart attack or have had a stent, pacemaker or valve replacement, then you'll need to bring a letter from your heart specialist or cardiologist. It should describe your medical history and state that you are safe to drive a DOT registered vehicle.

Stroke

This also includes brain tumors and bleeding in the brain. You will need a letter from your brain and nerve specialist or neurologist. It should describe your medical history and state that you are safe to drive a DOT registered vehicle.

Medications

If you are taking medications, especially those with sleepiness as a side effect, then you need to bring a complete list with the correct doses and a letter from the prescribing provider assuring you are safe to operate a DOT registered vehicle.

Sleep Apnea or CPAP Machine Use

You must bring a letter from your sleep specialist or reading from your CPAP machine demonstrating proper use – at least 4 hours per night, 70% of the total nights.