



## Preparing for DOT Medical Examination

Please take the following to your DOT exam with you for the certification process:

**\*\*Current list of *all* medication and the name and phone number of the prescribing physician must be included on the examination paperwork.**

**Diabetic:** A1C within 3 months which must be under 10

**Vision:** Have your glasses available if needed, 20/40 or better to pass.

**Blood thinners:** If you are on anticoagulation medication, such as Coumadin or Warfarin (blood thinners) documentation from your physician of lab work (INR test) for the past 3 months. Proof of monthly blood tests at annual exam.

**Heart Problems:** (By-pass, stent, history of chest pain or heart attack, pacemaker, atrial fibrillation or other heart rhythm problems): Yearly/Biennial cardiologist visit with letter from the cardiologist as well as copies of any tests done there, such as EKG, stress test, etc.

**Sleep Apnea:** 1 year CPAP printout; documentation of sleep study if negative.

**Surgery in previous 5 years:** Medical records and release from treating physician.

Records can be faxed to CompChoice Occupational Clinic prior to your DOT Physical.

Phone: 402-898-5600

Fax: 402-898-5605

Genetic Information Nondiscrimination Act of 2008 (GINA)

The Genetic Information Nondiscrimination Act of 2008 (GINA) prohibits employers and other entities covered by GINA Title II from requesting or requiring genetic information of employees or their family members. In order to comply with this law, we are asking that you not provide any genetic information when responding to this request for medical information. 'Genetic information', as defined by GINA, includes an individual's family medical history, the results of an individual's or family member's genetic tests, the fact that an individual or an individual's family member sought or received genetic services, and genetic information of a fetus carried by an individual or an individual's family member or an embryo lawfully held by an individual or family member receiving assistive reproductive services.