

Preparing For Your DOT Medical Examination

We look forward to seeing you for the renewal of your DOT medical certification! To expedite your visit, please bring in your photo ID, glasses, a list of currently Prescribed medications, and any documentation pertaining to the following conditions:

- ✓ **Obstructive Sleep Apnea (OSA)** – CPAP documentation of usage statistics for a minimum of the last 90 days showing compliance. A copy of your most recent sleep study may be requested.
- ✓ **Diabetes (DM)** – List of medications and blood work (HbA1c) within the past 6 months
 - **Insulin Dependent Patients** – Ophthalmologic exam, renal studies, and clearance paperwork from primary care physician or endocrinologist.
- ✓ **High Blood Pressure (HTN)** – List of medications, recent blood pressure readings, blood test results for the past 3 months.
- ✓ **Cardiovascular Disease (CAD)** – If you have had a recent heart attack, coronary artery stents, angioplasty, pacemakers, or any heart surgery outside of the Spectrum Health system; please bring copies of medications, EKG, Echo report, and/or exercise stress tests. A recent letter from your cardiologist stating that you may operate a commercial vehicle may be required.
- ✓ **Mental Health Conditions** – List of medications and a physician letter noting diagnoses, status, and clearance to operate a commercial vehicle.
- ✓ **Surgery** – (within the past 5 years) Clearance letter from your surgeon listing any restrictions or limitations.

Please go to <https://www.spectrumhealth.org/occschedule> or contact our Customer Service team at 616-391-2778 to schedule your appointment at one of the following four locations:

- Breton Occupational Health – 4600 Breton Rd SE, Kentwood, MI 49508
- Greenville Occupational Health - 705 S Greenville W Drive, Greenville, MI 48838
- Michigan Occupational Health - 426 Michigan Street NE, Grand Rapids, MI 49503
- Zeeland Occupational Health – 8333 Felch Street, Suite 100A, Zeeland MI 49404

If you are outside of the Grand Rapids area and would like to schedule an appointment at one of our regional locations, please contact them directly:

- Big Rapids Occupational Health – 705 Oak Street, Suite 3, Big Rapids, MI 49307 | **231-592-4382**
- Gerber Occupational Health – 230 W Oak Street, Fremont, MI 49412 | **231-924-6095**
- Pennock Occupational Health – 1108 W State Street, Hastings, MI 49058 | **269-948-3102**
- Lakeland Occupational Health - 2500 Niles d, Suite 3, St. Joseph, MI 49085 | **269-408-4171**