

# 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.
- ❑ **Non-insulin Dependent Drivers** – Hemoglobin A1c lab result within the past 6 months
- ❑ **Insulin Dependent Drivers** – Hemoglobin A1c (lab result) within the past 6 months. Bring completed special forms from your eye doctor and provider treating your diabetes (primary care provider or endocrinologist). You must also have a 3 month blood sugar log (testing 4 times per day – this includes the required testing each time before you drive a commercial motor vehicle).
- ❑ **Cardiovascular Disease (CAD)** – If you have had a heart attack, coronary artery stents, angioplasty (balloon procedure), heart bypass surgery (CABG), pacemaker or any other heart procedure/surgery outside of Spectrum Health, please bring copies of EKG, Echo report and/or stress test results. You need to be seen by Cardiology at least annually. A recent letter from your cardiologist stating that you may operate a commercial motor vehicle may be requested
- ❑ **Mental Health Conditions** – List of medications and a physician letter noting diagnoses, status, and clearance to operate a commercial vehicle.
- ❑ **Surgery** – If you have had surgery within the past 2 years. Bring a letter from your surgeon stating any restrictions or limitations. The letter should also include a statement stating that you may drive a commercial motor vehicle.
- ❑ **For other conditions such as Trans ischemic attack (TIA or mini stroke) or Cerebral vascular accidents (CVA or stroke)** – please contact Occupational Health for requirements/needed information.

Please go to <https://www.spectrumhealth.org/occschedule> or contact our Customer Service Team at 616-391-2778 to schedule your appointment at the following three 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 St Ne Grand Rapids, MI 49503

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

**Big Rapids Occupational Health** – 705 Oak St, Suite 3, Big Rapids, MI 49307 | (231) 592-4382

**Gerber Occupational Health** - 230 W Oak St, Fremont, MI 49412 | (231) 924-6095

**Pennock Occupational Medicine** - 1108 W State St, Hastings, MI 49058 | (269) 948-3102

Thank you for choosing Spectrum Health!