



## ARE YOU PREPARED FOR YOUR DOT PHYSICAL?

M&M Cartage has partnered with an onsite Nurse Practitioner to enhance the health and wellness of our employees. M&M is giving you the opportunity to have your values checked prior to your upcoming DOT physical. These visits are offered onsite at M&M Cartage and come at NO COST to you! During this visit, the Nurse Practitioner will check the necessary values to see where your numbers fall. If any of your numbers are out of range, the NP will give you advice on how to get the numbers where they need to be prior to your DOT physical.

### DOT Physical Requirements Include:

	REQUIREMENT	SOLUTION
<b>MEDICATIONS</b>	Varies	See physician, contact local DOT office or visit <a href="http://www.fmcsa.dot.gov">www.fmcsa.dot.gov</a>
<b>BLOOD PRESSURE</b>	140-159 / 90-99 = 1 yr certificate 160-179 / 100-109 = 3 mo temp certificate* >180 / 110 = Disqualifying *At examiners discretion	Oral medications are allowed.
<b>DIABETES</b>	Currently treating diabetes under approved physician plan	Oral medications are allowed. Insulin injections require completion of <a href="#">MCSA-5870 form</a> by treating physician within 45 days of DOT physical.
<b>BLOOD SUGAR</b>	A1C Test < 10%* *At examiner's discretion	Oral medications are allowed.
<b>CARDIAC ISSUES</b>	No current diagnosis of cardiac insufficiency, collapse, congestive failure, or any other cardiac disease.	If you've had previous cardiac issues, you will be required to have an annual stress test and a release from your physician.
<b>SLEEP APNEA</b>	If you have been diagnosed with sleep apnea, you must demonstrate it is under control.	Must have an annual sleep study (within the last 12 months) and a release from your physician.
<b>VISION</b>	20/40 correctable in each eye.	Eyeglasses or contacts are permitted to correct vision.
<b>HEARING</b>	Hear a forced whisper from more than 5 feet away in at least 1 ear.	Hearing aids are allowed to meet requirements.

Please call John Houston at 812.518.6678 or email [Clinic@MMCartage.com](mailto:Clinic@MMCartage.com) to schedule your pre-DOT physical appointment.