



DOT EXAMS AND RECERTIFICATIONS

According to the U.S. Department of Transportation (DOT), **the most important safety feature of any commercial vehicle is the operator.** This means drivers of trucks, buses, and other large vehicles on U.S. public roads must be physically fit and fully capable of controlling these machines. Drivers prove this capability every two years by taking what is officially called the DOT Medical Exam and Commercial Motor Vehicle Certification, commonly known as the DOT physical.

Note: DOT exams are not a replacement for annual wellness exams.



HOW CAN SOLVERA HEALTH HELP?

OUR COMPREHENSIVE PRIMARY CARE CLINIC IS CONVENIENTLY LOCATED ON THE CORNER OF UNIVERSITY AND WAR MEMORIAL IN PEORIA. OUR PATIENT TEAM HAS THE REQUIRED DOT FORMS, AND OUR PROVIDERS ARE CERTIFIED TO CONDUCT DOT PHYSICALS. IN MOST CASES WE OFFER SAME-DAY OR NEXT-DAY APPOINTMENTS!

WHAT DO I NEED TO BRING TO THE EXAM?

You should plan to bring your current license(s) and another piece of photo identification. Also bring any prescription eyeglasses, contact lenses, hearing aids, or limb prosthetics. If you are taking prescription medication, bring any supporting documentation from your prescribing physician(s) and be able to provide their full names and contact details. You'll also receive a vision and hearing test.

Common documentation you may need:

- **High Blood Pressure:** most recent medication list
- **Diabetes:** most recent Hemoglobin A1-c and medication list (if taking medication)
- **Sleep Apnea:** CPAP compliance report from the past 3 months
- **Cardiac Issues:** need most recent cardiac records from Cardiologist to include any testing that has been performed
- **Chronic Pain/Medical Issues:** most recent medication list and any documentation from their treating physician as to why they are on medication

WE ALSO OFFER PRIMARY CARE WITH THESE CONVENIENT ON-SITE SERVICES:

- > Audiology
- > Imaging
- > Insurance Consulting
- > Lab & Diagnostics
- > Minor Procedure Room
- > OBGYN / Women's Health
- > Pharmacy
- > Physical Therapy
- > Transportation



HOW DO I SCHEDULE THE EXAM?

1. Call our Peoria clinic during normal operating hours at **309-886-9172**.
2. Click the **"Request an Appointment"** link at our website www.SolveraHealth.com and complete the on-line form. Our team will call you back to confirm a date and time.

HOW SHOULD I PREPARE FOR THE EXAM?

The DOT physical exam tests for two of the most common health problems in the U.S. - diabetes and hypertension (high blood pressure). Indicators of these (and other) health conditions will appear in your urine sample, but it is relatively easy to take a few steps to reduce these indicators before your test.

Note: In order to receive a two-year certification, drivers must have a blood pressure (with or without medication) at or below 140/90. If it is greater than this, you may be required to re-certify sooner.

1

The most common advice is to reduce your intake of salt, sugar, nicotine, and caffeine in the 48 hours before the test. Also, drink a lot of water to stay as hydrated as possible in the 24 hours before the test. These actions will ensure that the water volume of your urine is high, and the concentration of any indicators is low.

2

It is also advisable to sleep as well as possible in the 48 hours before the test. This, in addition to the reduction of nicotine, caffeine, and sodium, should keep your blood pressure low during the test. And, of course, prepare your documents in advance and give yourself plenty of time to get to the test — anything to avoid rushing around and raising stress (and therefore blood pressure) levels.

3

Finally, it is important to be as transparent as possible in the exam, and answer questions completely. Much of the test involves self-reporting past or existing medical conditions, and while it may be tempting to simply not mention something, the penalty for nondisclosure or providing misleading information can be severe, ranging from the loss of one's license to criminal charges.

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HOW MUCH WILL THE EXAM COST?

\$100 for the exam only

\$140 for the exam and drug screen

\$40 for drug screen only

NOTE: DOT physicals are not able to be billed to insurance

WHAT IF I HAVE OTHER QUESTIONS?

CONTACT US

If you have any other questions about the DOT exam or process, drop us an email at: contact@solverahealth.com

We'll respond within 24 business hours.

Or you can call us direct at **309-886-9172**

LOCATION

Solvera Health – Peoria Clinic

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www.SolveraHealth.com

"Bringing Hospitality to Healthcare"

