



Preparing for Your DOT Physical

1. Plan Ahead

- Come in at least 2 weeks before your current DOT physical expires, to allow time in case supporting paperwork or additional testing is needed.
- Download the forms you need for a DOT physical at www.PrimaryHealth.com/Forms (see QR code below).
- Failure to provide proper documentation can cause delays in certification.

2. Gather Your Health Documents

- Bring a list of the medications you're currently taking, and review the items below to see if they apply to you.
- **Sleep Apnea Patients:** Bring a statement from your sleep physician stating that you are compliant with CPAP machine use.
- **Patients receiving anticoagulant therapy:** Bring a statement from your physician stating that your coagulation status is stable.
- **Patients with cardiac conditions:** Bring a statement from your cardiologist stating that you can safely fulfill commercial driving requirements.
- **Diabetic patients:** Bring a statement from your primary physician stating your condition is under control, with your most recent hemoglobin A1C lab and documentation.
- Other medical conditions may require special testing or verification from treating medical providers.

3. Prepare on the Day of Your Physical

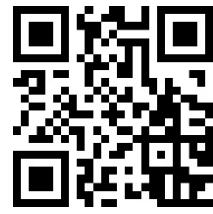
- Arrive at the clinic with a full bladder – you will need to provide a urine sample.
- Bring a valid government-issued photo ID such as a driver's license, passport, military ID, or permanent resident card.
- If you use them, bring your eyeglasses, contacts and/or hearing aids.
- Your blood pressure must fall within the DOT guidelines. If you have hypertension, remember to take your medication and avoid caffeine prior to your appointment.

4. Choose a Primary Health Clinic

- Book your visit online ahead of time, or
- Walk-in patients: Check our Patient Waiting map to find the shortest wait near you.



[Download DOT Forms](http://www.PrimaryHealth.com/Forms)
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[Check the Wait or Book Online](http://www.PrimaryHealth.com/our-clinics)
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