

OC Wellness LLC
1410 S. Salisbury Blvd, Ste #1
Salisbury, MD 21801

DOT PHYSICAL CHECKLIST

Please bring the following items to your appointment:

- Driver's License
- Glasses or contacts, if applicable
- Hearing Aids, if applicable
- Current list of medications
- Primary physician's name, address, and phone number
- Health history, with dates

If you are diagnosed with the following medical condition, please note the following items to bring.

Diabetes

- Bring lab results performed within the last 3-6 months: Hemoglobin A1C, Fasting Blood Sugar Log
- Statement from your physician that you maintain adequate control
- Bring the last EKG completed
- Bring copy of your last eye exam

Sleep Apnea

- Bring most recent sleep study
- If using CPAP or BIPAP machine, provide 3 months print out of complaint use of machine

Cardiac Conditions

- Bring copies of most recent stress test & EKG
- Statement from your cardiologist stating that you can easily fulfill the requirements of a commercial driver

Hypertension

- Take your medication well in advance of your appointment
- Must have blood pressure that falls within guidelines (<140/90)

Anticoagulant Therapy

- Bring results of an INR done with the last 30 days
- Statement from your primary care NP/MD/PA

Monovision

- Bring letter from your eye doctor with results of an eye exam performed within the last 30 days.
- Must also have waiver from the State of Maryland.

If you have additional questions, please contact OC Wellness LLC at 443-944-9245.