

How to Get Your DOT Medical Card

Frequently Asked Questions

Concentra® is here to support your health care needs as a commercial vehicle driver. The following details will help give you more information about what happens during a DOT physical.

What is the role of a medical examiner?

A medical examiner's role is to perform a physical exam that determines if you have any health issues that could interfere with your ability to safely drive a commercial vehicle.

What does it mean if I was disqualified?

If you were disqualified, it means you did not meet one or more of the physical qualification standards of Federal Motor Carrier Safety Administration (FMCSA) regulations for medical certification of commercial vehicle drivers.

Thirteen standards determine your medical fitness for duty. Four of the standards — vision, hearing, epilepsy, and insulin — are non-discretionary. They have strict disqualifiers that do not depend on medical examiner interpretation.

The other standards are discretionary, meaning the examiner can make a clinical judgment during the DOT physical based on clinical guidance and/or recommendations from FMCSA-sponsored or supported medical specialty groups or agencies.

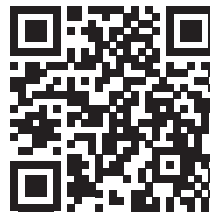
We know that being disqualified can be upsetting, but a failed DOT physical doesn't mean your driving career is over. If you are disqualified, the examiner will explain what you can do to qualify.

What does it mean if I was placed in “Determination Pending” status?

“Determination Pending” means the examiner needs more information to make a certification decision. You have up to 45 days to get the needed information back to the examiner. After 45 days, the exam is deemed “incomplete,” and you must complete a new physical exam. If you have a current DOT medical card, that card is valid until a new certificate is issued or the card expires.

Why was I disqualified for my vision?

If your vision is not 20/40 or better in each eye (with or without corrective lenses), you do not meet the FMCSA non-discretionary standard. This is an automatic disqualification. If you forgot your glasses, please come back with your glasses to be re-examined. If you need glasses or contacts, come back after seeing an eye doctor. If you have uncorrectable vision in one eye, please ask your ophthalmologist or optometrist to complete a [vision evaluation report](#) (Form MCSA-5871) on your behalf. You can then come back to Concentra with your completed report to be qualified by an examiner.



Vision Evaluation Report

Why was I disqualified or placed on “Determination Pending” status because of my medication(s)?

Even with clearance from your prescribing doctor, FMCSA regulations state that a certified medical examiner should not certify drivers taking a medication with side effects that could make it unsafe to drive. Side effects like drowsiness can be caused by even over-the-counter medications (e.g., Benadryl), making it unsafe for you to drive.

You may also be disqualified due to the use of a Schedule I drug (e.g., marijuana), even if the drug is legal in your state. Scheduled drugs like narcotics, ADD/ADHD drugs, anti-anxiety drugs, and sleep drugs require our examiners to confirm that your prescribing doctor — being familiar with your medical history and job duties — is certain that your prescribed medications will not adversely affect your ability to safely operate a commercial vehicle. Your prescribing doctor must

provide the Concentra medical examiner with written documentation that states their medical opinion of your medication(s) and its effect on your ability to safely operate a commercial vehicle.

How can a sleep disorder affect my DOT physical results?

Federal regulations state that a person with a medical history or clinical diagnosis of any condition likely to interfere with their ability to drive safely cannot be medically cleared to operate a commercial vehicle. A sleep disorder such as sleep apnea is considered a condition that can hinder your ability to operate a vehicle safely. Therefore, a medical examiner can require you to complete a sleep evaluation if the risk of sleep apnea is detected during your physical.

Untreated or undertreated sleep apnea can result in drowsiness while driving, placing you at risk of crashing. For treatment compliance, it's recommended that a driver with sleep apnea uses a CPAP (continuous positive airway pressure) machine more than four hours each night at least 70 percent of the time.

What is a waiting period?

Some conditions have recommended waiting periods. These waiting periods are recommended because there is a likelihood of becoming incapacitated during the time it takes to fully recover.

What are my options for resolving conflicts over DOT exam results?

FMCSA has [outlined a process](#) you should follow if you disagree with our medical examiner's decision following your DOT physical.

Scan the QR code:



Resolution of Conflicts
of Medical Evaluation