DOT PHYSICALS

What is a Department of Transportation (DOT) physical?

A DOT physical is a medical exam required by the Federal Motor Carrier Safety Administration (FMCSA) for anyone driving commercial motor vehicles (CMVs) such as trucks or buses. The exam ensures drivers are physically, mentally, and emotionally fit to safely operate a commercial vehicle.

Cost of a DOT Physical

- **$150** per exam
- Not covered by insurance
- Payment due at time of service
- Employer payment must be arranged **before** your appointment

Scheduling your DOT Physical

- Call: **(509) 447-3139** to schedule
- Visit: **714 Pine St, Bldg. C, Newport, WA 99156**
- **Walk-ins** may be available (based on examiner availability)

Preparing for your DOT physical

1. **Complete the Medical Examination Report (MER) Form *before your appointment*.**
   - The MER form can be found at the following link: FMCSA Form MCSA-5875
2. **Bring the following items with you:**
   - Valid driver's license
   - List of all prescription medications
   - Glasses, contact lenses, or hearing aids (if used while driving)
   - **If diabetic:** blood sugar logs and most recent Hgb A1C
   - **If sleep apnea:** at least 90 days of CPAP data
   - **If heart condition:** cardiologist letter and recent test results (stress test, echocardiogram, etc.) within the last 1-2 years
   - **If neurological history (stroke, seizure, brain tumor, etc.):** neurologist clearance letter
   - If above conditions are managed by your primary care provider, bring 6 months of records

What to expect during your DOT physical

Your DOT exam will include:

- Review of medical history
- Physical exam: height, weight, blood pressure, vision, hearing, heart, lungs, abdomen, spine, joints, reflexes, circulation, gait, and hernia check (if indicated)
- Urinalysis for blood, sugar, and protein

If you meet FMCSA requirements, you'll receive a DOT medical card (valid up to 2 years, or less if ongoing monitoring is needed).