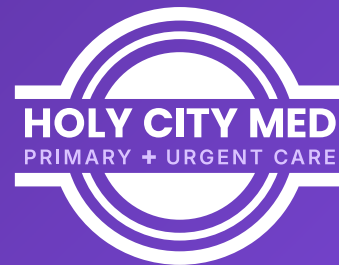


# DOT Physical — What to Bring



Turning up without paperwork is the most common reason a certification goes “pending” —which means a second trip. Five minutes of prep saves it.

**Walk in, no appointment.** Two Charleston locations, open Mon–Fri 8AM–8PM and Saturdays. \$100 for non-members — \$0 if you are a Holy City Med member or covered by a Workforce+ plan.

## TICK THESE OFF BEFORE YOU LEAVE

### ☐ Driver’s licence

Plus your previous medical certificate if you have one.

### ☐ Glasses or contacts

Vision is measured with correction — wear what you drive in.

### ☐ Hearing aids

If you use them. The standard can be met with or without.

### ☐ Full medication list

Names, doses and prescribing doctor for everything you take.

### ☐ Specialist letters

Heart, neurological, lung or psychiatric conditions.

### ☐ CPAP compliance data

If you are treated for sleep apnoea, bring your download.

### ☐ Diabetes paperwork

Insulin-treated drivers need the FMCSA assessment form.

### ☐ Any FMCSA exemption

Existing exemption letter or SPE certificate.

## KEY INFORMATION

### What the exam covers

- **Vision** — 20/40 in each eye with or without correction, 70° field, and colour recognition for traffic signals.
- **Hearing** — forced whisper at five feet in the better ear, or an audiometric test.
- **Blood pressure** — determines how long your certificate runs.
- **Urinalysis** — screens for protein, blood and sugar. **This is not a drug test.**

### Good to know

- A certificate lasts **up to 24 months**. Blood pressure, insulin-treated diabetes and some vision deficiencies shorten it.
- The requirement is based on the **vehicle, not the licence** — a CDL is needed at 26,001 lbs, a DOT physical from **10,001 lbs**.
- Most drivers are in and out inside **30 minutes**.
- Exams are performed by **FMCSA certified medical examiners**.



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