

Federal Department of Transportation Physical/Medical Certification

Thank you for your application to join the Yelloh! Safety is critical at Yelloh, as we want every employee to go home the way they came into work each day. The position you have applied to is subject to completing a DOT physical examination and meeting the minimum medical standards as established by the Federal Motor Carrier Safety Administration. **To expedite your candidacy and potential hire with Yelloh, please consider the below information.**

After receiving a formal offer to join Yelloh, please review these helpful next steps to complete the DOT physical.

- Yelloh utilizes a third party company, **HireRight**, to manage the DOT Physical process. NOTE: We provide an **authorization form, address and instructions for a designated facility** in your area. You must go to the designated facility; if you choose not to go to the designated facility, your hire date and on-boarding will be delayed and your contingent offer of employment may be withdrawn.
- When you arrive at the facility, provide your **authorization document** to the receptionist. This will insure the proper services are complete and billing is submitted correctly to HireRight. If further testing is required, outside those outlined on the authorization form in order to meet the medical standards, you will be responsible to obtain and pay for those requirements. The doctor performing the DOT physical examination will provide you with instructions if anything additional is needed.

Important considerations for your DOT examination:

- You will be required to complete a Pre – hire Drug screen. Federal DOT regulations DO NOT allow for the use of Schedule I substances under the Federal regulations. (i.e., Marijuana).
- If you need corrective lenses, bring them
- If you need hearing aids, wear them
- If you take prescription medications, provide a list of the medications during the history portion of the exam
- Complete your health history with any medical conditions as indicated
- Excessive amounts of caffeine or sugar the day of your exam could impact your results
- If you use tobacco, be aware that using within one hour of your exam may elevate your blood pressure

Finally, there are common medical conditions or circumstances that can delay the successful completion of the DOT physical. The below is a list of common conditions that may require additional information from your treating physician.

- **Obstructive sleep apnea** – please bring your C-PAP usage data
- **Diabetes Mellitus** – Individuals with ITDM (insulin treated diabetes mellitus, the medical examiner will require the ITDM Assessment Form, MCSA-5870, to be provided to the medical examiner performing your DOT physical. You may contact your treating physician to alert to the need for the assessment form and bring a copy to the appointment, if possible. It is also recommended to bring a copy of your last HGB A1-C result from your primary care provider.
- **Hypertension (high blood pressure)** – if you are treating for this condition, you are required to disclose information to the medical examiner within the health history.
- **Coronary artery disease** – if you never had a myocardial infarction (heart attack), but you have had a stint placed in an artery; bring the results of your last cardiac stress test. If you have suffered a heart attack, bring a copy of your last cardiac stress test along with a copy of your left ventricular ejection fraction from your treating physician. A clearance letter may be required from your cardiologist.
- **Medical Waivers:** If you currently possess a waiver for a medical condition, bring a copy of the waiver to be reviewed by the medical provider. Only Federal waivers will comply with physical requirements necessary.
- **Medications** – Dependent on the nature of the medications being taken, a medical clearance letter may be required from your treating physician for medications due to the safety sensitive nature of the driving position.

***SPECIAL NOTE:** Please note that the Federal medical standards may be different from State standards. If you possess a CDL driver's license, you must provide your State Driver Licensing Agency a copy of the Federal DOT medical card. You also need to ensure that you are Self Certified as 'Non-Excepted Interstate'.

***DRUG TESTS:** Yelloh is subject and complies with the Federal Department of Transportation, 49 CFR Part 40 Drug and Alcohol Testing regulations. As part of the regulations, Schedule I substances are prohibited from use.