

**Aurora DOT Physical Hotline; please call BEFORE your DOT exam**

**You may have “homework” to do before your DOT exam**

**Hotline number 844-634-3247**

Due to changes in Federal rules and guidelines in the last couple of years, DOT driver examinations have become so complex that many drivers are unlikely to “pass” their exam unless they are careful to do their “homework” in advance and bring to the initial exam all needed medical records required for their particular health conditions

Please call our toll-free hotline so you can prepare for your DOT exam. We have found this greatly improves your odds of passing your exam the first time around.

Individuals who do not bring needed information might not receive any DOT card, or might receive only a short-term card and then have additional delays and expenses of follow-up visits to straighten out the issues.

If you have a particularly complicated medical situation or anticipate other DOT exam problems that were not addressed from the 800#, you should call the clinic you have scheduled your appointment at prior to your exam for further directions.



## **Commercial Driver Medical Evaluations**

Aurora Occupational Health & Wellness

The Federal Motor Carrier Safety Administration (FMCSA) has created new rules for DOT exams over the last two years, which have created more complications and/or delays in certification for some drivers.

Additional changes effective in April, 2016, require that incomplete exams that are pending additional information may require you to have, and pay for, a completely new exam.

### **What YOU need to do PRIOR to the exam:**

- Schedule your appointment at least two months prior to your card expiring.
- If you are being treated for any chronic medical problems such as high blood pressure, heart problems, or diabetes, see your personal doctor for an exam *before* the DOT physical. Have your doctor write a letter in advance stating your medical conditions are well controlled and that you are “safe to drive a commercial motor vehicle.”
- Have an eye exam and get a new lens prescription if needed. You must have 20/40 or better vision in each eye to pass.
- If you currently smoke, Stop Smoking! Among many controllable health risks, this is most avoidable.
- Start exercising
- If you’re overweight, lose some weight. Aurora has a program, please inquire for information.
- Get adequate rest, sleep, exercise, and avoid alcohol - especially the few days prior to your exam.
- If you are on daily prescription medications, take your medications!
- If you snore loudly, are frequently tired, don’t sleep well at night, or have a BMI over 40, there is a chance you may have sleep apnea. See your primary doctor for a sleep evaluation. This condition must be properly treated and controlled before your exam.
- Medications that can cause drowsiness – you cannot take medications that reduce alertness while working as these make you an unsafe driver and are generally disqualifying under DOT rules.

### **What YOU need to bring to your exam:**

- Photo ID
- Glasses or other lenses (if needed for driving)
- **Medications – an accurate list of medications including medication doses and frequencies.**
- Medical documentation if you have any medical conditions.

If you have any of the following medical conditions you will need to provide the items requested. You may need to bring in other additional information not listed, but if you bring in the items listed it will help prevent needless delays. If you requested the information to be sent to the clinic, **call the clinic prior to your appointment** to make sure the information was received.

### **Diabetes**

1. Blood test results of a Hemoglobin A1c blood test (must be done within 3 months of your appointment).
2. Copy of latest medical evaluation from your health care provider in regard to your diabetes treatment and control, including any low blood sugar reactions, any recent hospital stays, and any complications such as kidney, eye or nerve damage (numbness, tingling, or burning) of the feet, or if changes have been made to your medications recently.
3. Report of the most recent diabetic eye exam from an eye care provider.

### **Heart Condition** (heart attack, pacemaker, angioplasty, stents, heart failure, arrhythmia, surgery)

1. Copy of the most recent medical evaluation from your cardiologist or managing health care provider in regard to treatment of your condition, including medication tolerance and control.
2. Copy of your most recent EKG, Stress Test, Echocardiogram or other heart test (to meet DOT requirement must be within past two years or within one year if you had CABG surgery more than 5 years ago).

### **Sleep Apnea**

1. A recent sleep study report and copy of your annual evaluation by a sleep specialist. The annual evaluation should provide documentation of compliance and efficacy of your CPAP usage.
2. Your CPAP device printout.

### **Mental Health** (depression, anxiety, panic, post-traumatic stress disorder, attention deficit and/or hyperactivity disorder, bipolar, etc.)

1. Copy of recent medical evaluation from your treating provider about your status.

**Bring this letter to your doctor so your doctor can do what is needed. Have your doctor write a letter summarizing your medical condition(s) and stating you can safely operate a commercial motor vehicle.**

**Please contact the office where you have scheduled your appointment if you have further questions about this information.**

**AURORA OCCUPATIONAL HEALTH**

11217 W Forest Home Ave, Unit 1E , Franklin, WI 53132  
Ph 877-765-3213 Fx 414-525-2580

**Medical Director:** MaryJo Capodice DO, MPH P) 414-525-2581

**Sr Director:** Carrie Nickel RN, COHN-S P) 414-525-2565

**Aurora Sheboygan Clinic**

2414 Kohler Memorial Dr, Sheboygan, WI 53081

Phone: 920-459-1459 Fax: 920-459-1113 Email: SheboyganPlymouthOccHealth@aurora.org

**Hours:** M-F 8:00am - 4:30pm

**Aurora Health Center - Plymouth**

2600 Kiley Way, Plymouth, WI 53073

Phone: 920-449-7055 Fax: 920-449-7061 Email: SheboyganPlymouthOccHealth@aurora.org

**Hours:** M-F 8:00am - 4:30pm

**Aurora Health Center - Oshkosh West**

855 N Westhaven Dr, Oshkosh, WI 54904

Phone: 920-303-8800 Fax: 920-303-8993 Email: NeenahOshkoshFondduLacOccHealth@aurora.org

**Hours:** M-F 7:30am - 5:00pm

**Aurora Health Center - Neenah**

1136 Westowne Dr, Neenah, WI 54956

Phone: 920-720-8066 Fax: 920-720-8091 Email: NeenahOshkoshFondduLacOccHealth@aurora.org

**Hours:** M-F 7:30am - 5:00pm

**Aurora Health Center - Fond du Lac**

210 Wisconsin American Dr, Fond du Lac, WI 54937

Phone: 920-907-7240 Fax: 920-907-7242 Email: NeenahOshkoshFondduLacOccHealth@aurora.org

**Hours:** M-F 7:30am - 5:00pm

**Aurora Health Center - West Bend**

205 Valley Avenue, West Bend, WI 53095

Phone: 262-338-5388 Fax: 262-338-7142 Email: WestbendOccHealth@aurora.org

**Hours:** M-F 7:30am - 4pm

**Aurora Health Center - Hartford**

1640 E. Sumner St, Hartford, WI 53027

Phone: 262-670-4350 Fax: 262-670-4351 Email: HartfordOccHealth@aurora.org

**Hours:** M-F 7:30am - 4pm

**Aurora Health Center - Port Washington**

1475 West Grand Ave, Port Washington, WI 53074

Phone: 262-268-6610 Fax: 262-268-6624 Email: PWOccHealth@aurora.org

**Hours:** M-F 7:30am- 4pm

**Aurora Health - Northwest**

7878 N 76th St, Milwaukee, WI 53223

Phone: 414-586-5704 Fax: 414-586-5714 Email: NWOccHealth@aurora.org

**Hours:** M-F 8:00am - 4:30pm

**Aurora Health Center – Miller Park Way**

4111 W Mitchell St, Suite 300A, Milwaukee, WI 53215

Phone: 414-385-8800 opt 2 Fax: 414-385-8868 Email: MPKOccHealth@aurora.org

**Hours:** M-F 7:30am - 5:00pm

**Aurora Health Center - Franklin**

4202 W. Oakwood Park Ct., Suite 330, Franklin, WI 53132

Phone: 414-855-2850 Fax: 414-855-2851 Email: FranklinOccHealth@aurora.org

**Hours:** M-F 8:30am - 5:00pm

**Aurora St Lukes - New Berlin**

14555 W National Ave, Suite 195B, New Berlin, WI 53151

Phone: 262-827-3290 Fax: 262-827-3292 Email: NBOccHealth@aurora.org

**Hours:** M-F 8:00am - 4:30pm

**Aurora Health Center – Waukesha**

W231 N1440 Corporate Court, Waukesha, WI 53186

Phone: 262-896-6075 Fax: 262-896-6111 Email: WaukeshaOccHealth@aurora.org

**Hours:** M-F 8:30am – 5:00pm

**Aurora Wilkinson Medical Clinic**

1284 Summit Ave, Oconomowoc, WI 53066

Phone: 262-560-3700 Fax: 262-560-3701 Email: OconomowocOccHealth@aurora.org

**Hours:** M-F 8:30am – 5:00pm

**Aurora Occupational Health - Burlington**

248 McHenry Street, Burlington, WI 53105

Phone: 262-767-8100 Fax: 262-767-8199 Email: wtfdocchealth@aurora.org

**Hours:** M - F 8:00am – 4:30pm

**Aurora Medical Center - Lakeland**

W3985 County Rd NN, Hwy NN, Elkhorn, WI 53121

Phone: 262-741-2014 Fax: 262-741-2812 Email: ALMCocchealth@aurora.org

**Hours:** M - F 8:00am – 4:30pm

**Aurora Medical Center - Kenosha**

10400 75th St, Kenosha, WI 53142

Phone: 262-948-7031 Fax: 262-948-6717 Email: KENOCchealth@aurora.org

**Hours:** M - F 8:00am – 4:30pm

**Aurora Health Center - Racine**

8400 Washington Ave, Suite 104, Racine, WI 53406

Phone: 262-884-4051 Fax: 262-884-4052 Email: RACOCchealth@aurora.org

**Hours:** M - F 8:00am – 4:30pm

**JOINT VENTURE & BAYCARE LOCATIONS**

**Aurora Manitowoc Clinic - Manitowoc**

3509 Dewey Street, Manitowoc, WI 54220

Phone: 920-686-5732 Fax: 920-686-5726 Email: manitowococchealth@aurora.org

**Hours:** M-F 8am-4:30pm.

**Aurora BayCare - Voyager**

3237 Voyager Dr., Green Bay, WI 54311

Phone: 920-468-8288 Fax: 920-468-3114

**Hours:** M & T 7am-6pm W-F 8am-5pm

**Aurora BayCare Health Center- West Mason**

2253 W. Mason St, Green Bay, WI 54303

Phone: 920-327-7300 Scheduling Phone: 920-327-7380 Fax: 920-327-7492 Email: Greenbaywestocchealth@aurora.org

**Hours:** M - F 8:00am – 4:30pm

**SATELLITE SITES**

**Non-OccHealth Providers ~ Services Limited**

**Aurora Health Care - Sturgeon Bay**

1910 Alabama Street, Sturgeon Bay, WI 54235

Phone: 920-746-7200 Fax: 920-746-7297

**Hours:** M-F 8am-4:30pm.

**Aurora BayCare Health Center**

4061 Old Peshtigo Rd., Marinette, WI 54143

Phone: 715-732-8016 Fax: 715-732-8131

**Hours:** M - F 8:00 am – 4:30 pm