



CHECKLIST TO HELP YOU PASS YOUR DOT PHYSICAL:

- ✓ Do you wear **glasses or contacts**? Do you have them with you today?
- ✓ Do you wear **hearing aids**? Do you have them with you today?
- ✓ Do you wear **CPAP for sleep apnea**? Do you have your printout from the past year showing compliance?
- ✓ Do you have **Diabetes**? Do you have a print-out from the lab or your doctor's office showing your Hemoglobin A1C from the past 90 days?
- ✓ Are you an **insulin dependent diabetic**? Do you have your Insulin-Treated Diabetes Mellitus Assessment Form that has been completed by your physician in the past 45 days? Did you bring a print-out of your blood glucose checks from the past 30 days?
- ✓ Do you have a list of all your **current medications**? Did you bring a letter from your treating physician that you are stable on those current medications?

Thank you.

The Staff at Urgent Specialists