



St. Rita's Medical Center

# DOT Physical Checklist

## **Please bring with you and be aware of the following:**

1. Glasses, if worn
2. List of medications and what they are for
3. Personal physician's name, address, and phone number
4. Health history with dates
5. If history of high blood pressure or are taking medication for high blood pressure, you will qualify for a maximum of 1 year card
6. If heart history, need stress test results within past 6 months and a letter from the cardiologist with their opinion of safety for driving
7. Be able to provide a urine specimen
8. Take all prescribed medications on the day of your physical
9. If you are monovision (see with only one eye), you must bring letter from your optician or ophthalmologist with results of an eye exam performed within the previous month. You must also bring in the waiver from your employer. You can only be awarded an intrastate certificate at most.
10. Wear hearing aids if you have them
11. Driver's License

**Healthcare Alliance**  
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**Phone 1-800-779-8046**