

What will I get?

Generally, you'll leave our office with a Medical Examiner's Certificate (often referred to as a "medical card" which is now a full sheet of paper) and examination form. We will include complimentary copies of both if requested if you need to provide copies to employers, carriers, etc. Keep in mind, whether or not you are certified and for how long may depend on your health. A medical card will typically be good for anywhere from 3 months to two years. You'll need to carry this with you whenever you drive a commercial motor vehicle.

What about submitting the paperwork to the appropriate governmental agencies?

We submit your federal certification online, and as long as it's not your first CDL exam, we e-mail the proper forms to the State of Kansas, so you don't have to worry about federal or state paperwork at all. If you are licensed outside of Kansas, it is your responsibility to submit paperwork in your state. If you're licensed in Kansas, all you'll need to do is provide copies to your employer when needed, and keep your copy of your card for when you drive. If this is your first KS CDL exam, you'll need to take the paperwork to the DMV to complete your CDL certification.

How much will it cost?

We offer complimentary DOT physicals for established Holton Direct Care members and charge \$100 for non-members. With the exception of employees of businesses that have payment arrangements set up with us, payment is due at the time of service, and we're happy to provide receipts so that employed drivers can be reimbursed by their employer.

What happens during my appointment?

First, we'll fill out some paperwork together and review about 40 questions about your medical history as required by the Federal Motor Carrier Safety Administration. Then we'll do a head-to-toe physical exam. We'll also do some basic tests of your hearing and vision. Finally, we'll test your urine to screen for kidney problems, elevated sugar levels, etc. Note that this is routine urinalysis, not urine drug testing. If drug screening is requested, it is always requested by carriers/employers, not the government, and is done and charged separately from a CDL exam.

Do I have to take a sleep test? What if I'm overweight? I heard that those tests cost a fortune!

Not usually. This frequently asked question is a source of anxiety for many drivers. We use a questionnaire to screen for sleep apnea, and if your screening is positive, we are legally obligated not to clear you until you've had a sleep study and consultation if required. If you are overweight, snore loudly, sometimes stop breathing when you sleep, or are excessively sleepy during the daytime, it's very much in your best interest to see your doctor and have this issue addressed before your CDL exam, as these symptoms will generally cause you to fail the exam, and you'll end up having to do (and pay for) your CDL exam twice. By the time sleep testing, consultation, and treatment are done, you can spend over \$5,000! But there are telemedicine options available at a fraction of the price, and we can point you in the right direction. (Using these resources, usually you can do a sleep study at home, have a consultation with a sleep doctor, and even get equipment to treat the problem, often all for less than \$1,000!)

I have pre-existing medical issues. Will that be a problem?

If you have any health problems that could prevent you from driving safely or that could result in sudden incapacitation, federal regulations may require additional testing or treatment before certification. In such a situation, we may be able to give you a 3-month card, giving you time to address the concern. Then we could repeat your certification exam and give you a longer card. In circumstances like this, federal regulations limit most people to one-year certifications.

What should I bring?

Be sure to bring your Commercial Driver's License and any eyewear or hearing aids that you use when you drive. Don't forget to come with a full bladder, since urinalysis is a requirement. For non-members, payment is due at the time of service.