



Each UrgentCareTravel clinic has a medical professional on staff who is a member of the National Registry of Certified Medical Examiners.



Below the front and back sides of the UrgentCareTravel DOT medical card (business card size).

Signature of Medical Examiner	Telephone	Date
Medical Examiner's Name (Print)	<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> Physician Assistant <input type="checkbox"/> National Registry No.	<input type="checkbox"/> Chiropractor <input type="checkbox"/> Advanced Practice Nurse <input type="checkbox"/> Other Practitioner
Medical Examiner's License or Certificate No./Issuing State	National Registry No.	
Signature of Driver	IntraState Only <input type="checkbox"/> CDL <input type="checkbox"/> Yes <input type="checkbox"/> No Driver's License No. State	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No <input type="checkbox"/> No
Address of Driver		
Medical Certification Expiration Date		

MEDICAL EXAMINER'S CERTIFICATE

I certify that I have examined in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties, I find this person is qualified, and, if applicable, only when:

wearing corrective lenses accompanied by a _____ waiver/exemption
 wearing a hearing aid qualified by operation of 49 CFR 391.64
 driving within an exempt intracity zone (49 CFR 391.62)
 accompanied by a Skill Performance Evaluation Certificate (SPE)

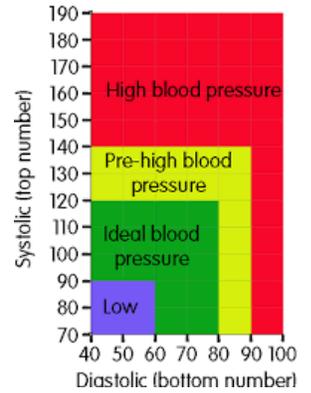
The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office.

BLOOD PRESSURE: The American Heart Association considers normal blood pressure to be 120/80. Hypertension is classified in 3 stages on the Department of Transportation Medical Examination form:

Stage 1: 140-159/90-99. Expiration date of medical card is one year.

Stage 2: 160-179/100-109. One-time certificate for 3 months.

Stage 3: Equal to or greater than 180/110. Certifiable if 6 months from the exam, the blood pressure is less than or equal to 140/90.



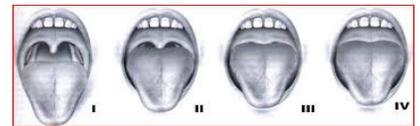
GENERAL APPEARANCE: Obesity, tremors, signs of alcoholism or drug abuse.

EYES: Pupillary reaction to light, mobility of the eye, ocular muscle imbalance, nystagmus (involuntary movement of the eye), exophthalmos (large eyes indicative of hyperthyroidism), glaucoma and macular degeneration.

EARS: Perforated eardrum scarring of the eardrum, occlusion of the external canal.

MOUTH and THROAT: Deformities likely to interfere with breathing.

RESPIRATORY DISORDERS / SLEEP APNEA: Assess Body Mass Index (BMI), hypertension on multiple medications, Mallampati score (anatomy of the jaw/throat), neck circumference, excessive snoring, headache and excessive daytime sleepiness. A Mallampati score or I indicates no airway obstruction, whereas a score of IV indicates complete obstruction.



HEART: Murmurs, extra sounds, pacemaker, implantable defibrillator.

LUNGS and CHEST: Abnormal chest wall expansion, abnormal respiratory rate, abnormal breath sounds.

ABDOMEN: Enlarged liver, spleen, masses, hernias, significant abdominal wall weakness.

VASCULAR SYSTEM: Abnormal pulse and amplitude, carotid or arterial bruits, varicose veins.

GENITOURINARY: Hernias.

EXTREMITIES: Mobility and strength in limbs. Loss or impairment of any extremity.

SPINE, MUSCULOSKELETAL: Previous surgeries, deformities, limitation of motion.

NEUROLOGICAL: Impaired equilibrium, coordination of speech pattern, sensory or positional abnormalities.

Can Physical Activity Really Improve My Health?

By Jeff Owen, FNP – Oklahoma City, OK

What is the formula for feeling better, having more energy and less stress? The answer is found in regular exercise. The health benefits of regular, physical exercise is backed by decades of research. You can start improving your overall health by moving just a little more than you did before. Let's look at some of the benefits utilizing the acronym, **E-X-E-R-C-I-S-E**.

E – *Energy level.* Regular, physical activity increases your energy level over time. Metabolism is increased, even while resting. Exercise increases blood flow throughout the body. Oxygen and nutrients are delivered to vital organs with greater efficiency. Exercise strengthens the cardio-respiratory systems.

X – *Exciting and Fun.* Exercise doesn't have to be grueling and something to dread. Exercising with friends and family is a great way to have fun, while still benefitting your overall health and wellness.

E – *Emotional well-being.* Exercise increased endorphins (happy hormones) in your body. Stress levels are reduced with regular exercise.

R – *Rest.* Exercise improves your body's ability to rest and recharge your body for another day of work and play.

C – *Concentration.* Exercise has been shown to improve mental functioning and concentration. So, if you want to feel smarter, take a few laps during your downtime.

I – *Illnesses.* Individuals who exercise on a regular basis enjoying many health benefits, not to mention the strengthening of your immune system. Regular movement helps to relieve arthritis-related conditions. Exercise helps to stabilize glucose levels in your body.

S – *Sex Life.* Exercise can enhance your sex life. Exercise improves circulation throughout the body. Men who do not exercise and are significantly overweight, can suffer from erectile dysfunction.

E – *Every day.* Always strive to do some form of physical activity every day. It doesn't matter what form of exercise you employ, the important factor is to be active every day. Research shows that 30 minutes each day is the optimal time to realize ongoing health benefits. You don't need to perform the 30 minutes of exercise all at once. Six, 5-minute sessions each day equals the same benefit of one, 30-minute session. The main point is that you are moving. Our formula for a healthier you this spring is, "Eat Better, Move More, Less Stress!" Always receive a full, medical evaluation prior to starting or increasing a physical exercise program.



For help on your "Road to Better Health," see your UrgentCareTravel provider today.

We Want to Hear From You

Road to Better Health is a new publication designed to provide you with relevant health and wellness information. We seek your input and comments to improve the newsletter.

Please send an e-mail to services@urgentcaretravel.com with your feedback, suggestions, input, etc.

Feel free to share Road to Better Health with your colleagues. UrgentCareTravel can also make this newsletter available to companies and their employees. If your company is interested in distributing Road to Better Health or you are not subscribed to Road to Better Health, please send an e-mail request to services@urgentcaretravel.com.

UrgentCareTravel Locations

UCT – Knoxville (865) 329-9492
7200 Strawberry Plains Pike
Knoxville, TN 37914
Pilot Store #219 I-40, Exit 398

UCT – Oklahoma City (405) 789-0212
406 South Morgan Road
Oklahoma City, OK 73128
Pilot Store #460 I-40, Exit 140



The Wellness Corner: The Potential Health Risks of Energy Drinks

Remaining awake and alert while driving for hours on end, at night, or in perilous weather or traffic conditions is one of the greatest challenges professional drivers will likely ever encounter. And it is one of the most important challenges to be met successfully because lives depend on it. Caffeine contained in coffee or soda has historically been the stimulant of choice for truckers. But a new and more powerful product has entered the market and continues to gain in popularity... the energy drink.

Energy drinks go by many names....Red Bull, Monster, 5-Hour Energy, Amp Energy, Full Throttle, Rock Star and the list goes on. Energy drinks typically contain high levels of caffeine along with a combination of other supposed energy-boosting ingredients like gura, taurine and sugar. When you add up the effects of all of these ingredients the levels of caffeine can approach 500mg per can. This is 5-10 times the levels of caffeine in a cup of coffee (50-100mg) and well beyond the recommended 400mg per day of caffeine beyond which caffeine toxicity symptoms can set in. In addition, energy drinks are often consumed much more quickly than a hot cup of coffee further shocking the body with a surge of stimulants.



At the very least, these stimulants cause an increased heart rate and increase in blood pressure. Side effects like palpitations, agitation, chest pain, dizziness, stomach upset, respiratory distress and headache have also been reported. And most mainstream energy drinks do not include electrolytes and have a higher likelihood of an energy “crash and burn” effect. Additionally, caffeine can cause the excretion of water from the body to dilute high concentrations of sugar entering the blood stream, leading to dehydration. If the body is dehydrated by 1%, performance is decreased by up to 10%.

Energy drink makers are required to tell the FDA about any adverse events related to their products. Recent data obtained regarding these reports show that there have been 34 deaths linked to energy drinks. The FDA was also informed about 241 non-fatal events where consumers experienced high blood pressure, convulsions, heart attacks and other problems. Of these cases, 115 resulted in hospitalization, 15 in disability and one in miscarriage. Since the reports don't prove causality, the FDA is investigating these incidents to determine whether these adverse events were caused in some way by consumption of energy drinks.

Recently the CPSI (Center for Science in the Public Interest) asked the FDA commissioner to require health warnings on energy drink products notifying consumers of the risk of heart attack, convulsion, and other adverse reaction to energy drinks. To date, no such requirement has enacted.

So be aware and be safe. A steaming hot cup of coffee may well be your best choice for driving alert and arriving healthy. And understand the effects of caffeine on your body. Giving yourself time to recover from these effects prior to a medical visit (e.g. DOT Physical) will enable a more accurate blood pressure reading.

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT clinics offer Occupational Medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and Primary/Urgent Care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel's affordable **GOLD Healthcare Membership program** includes unlimited FREE visits (in-clinic services) at UrgentCareTravel locations. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is a cost-effective option to address the healthcare needs of drivers, local businesses and communities.

