

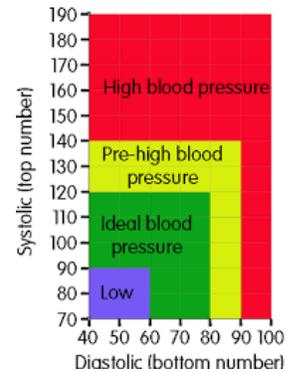
Understanding the DOT Physical Exam (continued)

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.



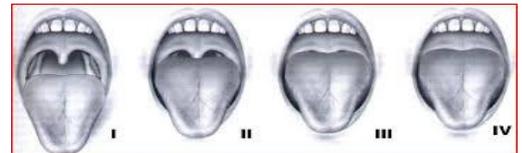
GENERAL APPEARANCE: Obesity, tremors, signs of alcoholism or drug abuse.

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 of 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.

Join UCT PRIME for Big Savings

UCT PRIME provides drivers with discounted DOT Physicals, Medical Visits and Biometric Screenings, and companies with a no-cost benefits program to help improve driver retention.

UCT PRIME Corporate rates/programs are available. Below are the program details for walk-in patients.

UCT PRIME costs \$50/year and provides the following benefits to members:

- FIRST DOT Physical is only \$40 or FIRST Medical Visit is only \$75
- Big savings for next 12 months on additional DOT Physicals and Medical Services
- \$75: DOT Physical (\$20 Savings)
- \$90: Medical Visit (\$40 Savings)
- \$25: Biometric Screening (\$50 Savings) - Includes BMI, Blood Pressure, Cholesterol, Glucose and Body Measures

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, **UCT PRIME** addresses the need for affordable medical services. To enroll or request additional information about UCT PRIME, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com

Be Prepared for Your DOT Physical Exam

The DOT physical exam for your CDL license can potentially be fraught with much unnecessary stress, angst and worry. Before your next DOT physical, take a little bit of time and thought to adequately prepare for your physical.

1. Have UrgentCareTravel remind you via e-mail or make a reminder in your phone's calendar to alert you 1 month prior to your Medical Card expiration date. This will help you plan for when and where to get your exam, based on where you will be at the time of expiration.
2. Get plenty of rest the night before your exam. Lack of sleep can lead to higher blood pressure readings.
3. Drink plenty of water prior to the exam, as we will need to collect a urine specimen. We test the urine for blood, protein, and glucose. These can be markers for some disease processes.
4. Give yourself plenty of time for the exam. Don't rush. If you are in a hurry and get upset, your blood pressure may read higher than usual.
5. Be honest about your medical history on the DOT physical form. If you are not honest, the medical exam and card may be deemed invalid. It also takes much more time to complete your physical when you are dishonest. We usually figure out the truth by the end of the exam when we request your medical records. Being honest from the beginning is the best policy!
6. Routinely take your medications for your chronic diseases. If you are taking your medications, your diseases will more likely be under control. This will give you a valid medical card for a longer period of time than if you are not controlled.
7. Have the names and dosages of your medications with you. You will need to know the names, addresses and telephone numbers of your physicians. If you are using a CPAP or a BIPAP, you will need the most recent physician's printout from your machine.
8. Avoid caffeine and nicotine, as these both contribute to higher blood pressure readings.
9. Bring a valid US driver's license. We will need to see this in order to administer the exam.

About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel 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, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

Knoxville, TN

7200 Strawberry Plains Pike
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(865) 329-9492



Oklahoma City, OK

406 South Morgan Road
Oklahoma City, OK 73128
(405) 789-0212

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