



Properly Controlled Insulin-Treated Diabetes Mellitus No Longer a Disqualifying Medical Condition

The Federal Motor Carrier Safety Administration announced a final rule revising federal regulations and permitting individuals with a stable insulin regimen and properly controlled insulin-treated diabetes mellitus (ITDM) to be qualified to operate commercial motor vehicles in interstate commerce. The rule takes effect Monday, November 19, 2018.

Missouri adopts the change on the same date. ITDM will no longer be an automatic disqualifying medical condition for intrastate CMV drivers.

Medical Examination Requirements

Under the new rule, drivers who live with ITDM must be examined by a provider listed on the National Registry of Certified Medical Examiners at least once every year (DOT physical).

Evaluation by Diabetes Treatment Manager

Prior to the annual physical examination, the driver must also be evaluated by the healthcare professional who both prescribes insulin for, and manages the treatment of the driver's diabetic condition. This health professional will complete an ITDM assessment form on which they attest that the driver's insulin regimen is stable and controls the condition properly. As part of the assessment, the driver will provide glucose self-monitoring records for the 3 months immediately preceding the healthcare visit.

The ITDM assessment form, MCSA-5870, can be found online at:

<https://www.fmcsa.dot.gov/regulations/medical/insulin-treated-diabetes-mellitus-assessment-form-mcsa-5870>

Annual Medical Examination

Within 45 days following the assessment by the diabetes treatment manager, the ITDM assessment form must be received by the driver's medical examiner. Upon receipt of a valid form, the certified medical examiner will perform an examination, consider the information provided in the ITDM assessment form and determine whether the driver meets the physical qualifications to operate a CMV safely. If so, the examiner will issue a medical certificate valid for a maximum of 12 months. No accompanying diabetic exemption certificate will be required.

In the event the driver experiences a severe hypoglycemic episode, they will be prohibited from operating a CMV. They must report the episode and be evaluated by the healthcare professional who manages their condition and prescribes insulin, as soon as is reasonably practicable.

Drivers who hold a medical card dated prior to Nov. 19, 2018, which indicates the need for a diabetic waiver/exemption and who have not completed the exemption process must submit a complete diabetic exemption packet no later than Nov. 14, 2018 to ensure time to issue a certificate before the rule change. After this date, drivers with well-controlled ITDM must follow the process outlined above, obtaining an assessment exam and form followed by a medical exam, in order to be qualified to drive a CMV.