

## Physical Exam Packages

### DOT Physical

***This examination includes:***

- Basic medical history questionnaire including:
  - allergies & medications
  - current & past medical issues
  - explanation and review of medical issues
- Physical examination including:
  - vitals including pulse, blood pressure, height, weight, BMI
  - vision screen (snellen)
  - forced whisper test
  - physical examination of body
- Medical certification for up to 2 years based on DOT certification regulations

### BASIC Physical

***This examination includes:***

- Basic medical history questionnaire including:
  - allergies & medications
  - current & past medical issues
  - explanation and review of medical issues
- Physical examination including:
  - vitals including pulse, blood pressure, height, weight, BMI
  - vision screen (snellen)
  - forced whisper test
  - physical examination of body
- Medical recommendation by examiner based on job description provided.

### SILVER Physical

***This examination includes:***

- Basic physical
- 6 step Kraus Weber evaluation
- Medical recommendation by examiner based on job description provided.

### ADVANCED Physical

***This examination includes:***

- In depth medical history questionnaire including:
  - allergies & medications
  - current & past detailed medical history
  - spinal history
  - personal & family history
  - occupational history
  - explanation and review of historical data provided by employee
- Physical examination including:
  - vitals including pulse, blood pressure, height, weight, BMI
  - urinalysis screen for glucose, protein and blood
  - vision screen - distance, near, color
  - 18 point physical examination
  - musculo-skeletal assessment including:
    - spinal exam, reflexes, leg raises, balance, deep knee bends, gait
    - range of motion assessment for back and neck
- Medical recommendation by examiner based on job description provided.

### GOLD Physical

***This examination includes:***

- Basic physical
- Physical abilities evaluation including the following assessments:
  - lift
  - flexibility
  - strength
  - hand/wrist
  - cardiovascular fitness
- Medical recommendation by examiner based on job description provided.

### PLATINUM Physical

***This examination includes:***

- Advanced physical
- Physical abilities evaluation including the following assessments:
  - lift
  - flexibility
  - strength
  - hand/wrist
  - cardiovascular fitness
- Medical recommendation by examiner based on job description provided.

***CUSTOM PHYSICAL EXAMS ARE AVAILABLE UPON REQUEST.***