



Department of Motor Vehicles



LICENSING OPERATIONS DIVISION COMMERCIAL DRIVER LICENSE POLICY SECTION



Insulin-Treated Diabetes Mellitus

- Effective November 19, 2018 new federal regulations allow a person with a stable insulin regimen and properly controlled insulin-treated diabetes mellitus (ITDM) to be qualified to operate commercial motor vehicles.



Insulin-Treated Diabetes Mellitus

- The new rule removes a blanket exclusion against insulin use.
- Previously, a person with insulin-treated diabetes were prohibited from operating commercial motor vehicles unless they had obtained a diabetes exemption from the federal government.



Insulin-Treated Diabetes Mellitus

- Commercial drivers who have an existing federal diabetes waiver will continue to be qualified until the current waiver expires or the current medical expires, whichever comes first.
 - At that time, they may follow the new process.

- New commercial applicants may apply using the new process.



Medical Examination Report (MEC) MCSA 5875

➤ Affected drivers will have 'Yes' checked in both 'diabetes or blood sugar problems' and 'Insulin used' in the Driver Health History.

| DRIVER HEALTH HISTORY (continued) | | | | | | | | |
|--|----------------------------------|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|--|
| Do you have or have you ever had: | Yes | No | Not Sure | | Yes | No | Not Sure | |
| 1. Head/brain injuries or illnesses (e.g., concussion) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 16. Dizziness, headaches, numbness, tingling, or memory loss | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 2. Seizures, epilepsy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 17. Unexplained weight loss | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 3. Eye problems (except glasses or contacts) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 18. Stroke, mini-stroke (TIA), paralysis, or weakness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 4. Ear and/or hearing problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 19. Missing or limited use of arm, hand, finger, leg, foot, toe | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 5. Heart disease, heart attack, bypass, or other heart problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 20. Neck or back problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 6. Pacemaker, stents, implantable devices, or other heart procedures | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 21. Bone, muscle, joint, or nerve problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 7. High blood pressure | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 22. Blood clots or bleeding problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 8. High cholesterol | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 23. Cancer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 9. Chronic (long-term) cough, shortness of breath, or other breathing problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 24. Chronic (long-term) infection or other chronic diseases | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 10. Lung disease (e.g., asthma) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 25. Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 11. Kidney problems, kidney stones, or pain/problems with urination | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 26. Have you ever had a sleep test (e.g., sleep apnea)? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 12. Stomach, liver, or digestive problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 27. Have you ever spent a night in the hospital? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 13. Diabetes or blood sugar problems | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | 28. Have you ever had a broken bone? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Insulin used | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | 29. Have you ever used or do you now use tobacco? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 14. Anxiety, depression, nervousness, other mental health problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 30. Do you currently drink alcohol? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| 15. Fainting or passing out | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 31. Have you used an illegal substance within the past two years? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | | | | 32. Have you ever failed a drug test or been dependent on an illegal substance? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |



Insulin-Treated Diabetes Mellitus Assessment Form

- The drivers healthcare professional, who manages & prescribes their insulin, provides an **ITDM Assessment Form (MCSA-5870)** to the 'National Registry' certified medical examiner (CME).

MCSA-5870 OMB Control Number: 2126-0006
Expiration Date: 11/30/2021

U.S. Department of Transportation
Federal Motor Carrier Safety Administration

Individual's Name: _____

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INSULIN-TREATED DIABETES MELLITUS ASSESSMENT FORM

Name: _____ DOB: _____

Driver's License Number (if applicable): _____ State: _____



Insulin-Treated Diabetes Mellitus Assessment Form

Directions to the driver on the ITDM Assessment Form:

- When you are being evaluated prior to a medical certification examination, the certified medical examiner must receive this form and begin the examination no later than 45 calendar days after a treating clinician signs this form.



National Registry Certified Medical Examiner (CME)

- The CME is responsible for determining if the individual meets the physical requirements and can be licensed without restrictions.
- The CME may grant individuals with ITDM a Medical Examiner's Certificate (MEC), MCSA-5876, for up to 12 months.



IDTM Process Synopsis

1. The medical clinician prescribing the insulin completes a MCSA-5870.
2. The MCSA 5870 is provided to the CME within 45 days of signed.
3. CME makes the medical determination for up to 12-months.
4. MER & MEC are provided to DMV, as is current process.
5. DMV updates based on MER & MEC.
6. Do **not** take the MCSA 5870 to DMV.



Contact Information

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Department of Motor Vehicles



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Licensing Operations Division
Commercial Driver Licensing Policy