

# Certain weight-related conditions may impact your CDL certification

## You can take control of your weight



To maintain your CDL, you must have a physical assessment completed by a **certified medical examiner at least every 2 years**



**Depending on the results**, you could be certified for less than 2 years, or even **disqualified**



You can help ensure your recertification by **taking control of your health**

## CDL holders may be at increased risk for obesity and other weight-related health conditions



In one study, **~53% of CDL drivers had obesity**, compared with ~42% of the general population<sup>a</sup>

<sup>a</sup>From a 2015 study of 88,246 commercial drivers who completed commercial driver medical examinations between 2005 and 2012.



CDL holders with obesity have **~1.5x higher crash rates** than those with normal weight

CDL holders who have obesity are also more likely to experience other diseases and conditions that **may prevent recertification**



### Obstructive Sleep Apnea

Moderate to severe sleep apnea **can interfere with a driver's daytime alertness and performance on the job, which can make the driver unfit for duty and unable to medically qualify for a CDL**. CDL holders should follow the treatment plan set by their primary care physician.



### Diabetes

For patients with diabetes treated with insulin, in order to pass the medical exam, **you'll need to keep a stable insulin regimen and properly control your diabetes**. This means providing at least 3 months of electronic blood glucose self-monitoring records and following a diabetes treatment plan



### Hypertension

Blood pressure (BP) of **140/90 or higher can result in less than a 2-year certification, with ≥180/110 leading to immediate disqualification until it's better controlled**. Controlling your BP might be the difference between working and not

## The following may help you better manage your health both on and off the road:



Routinely consulting with your healthcare team



Continuing to take all medications as prescribed



Adding more physical activity into your schedule



Maintaining a healthy diet



To learn more about the impact of obesity on CDL drivers, visit [drivetherightweigh.com](https://drivetherightweigh.com)



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July 2022

