



THE STATE
of **ALASKA**
GOVERNOR SEAN PARNELL

Department of Transportation and
Public Facilities

Measurement Standards and
Commercial Vehicle Enforcement
Daniel V. Smith, Director

Director's Office
11900 Industry Way Building M, Unit 2
Anchorage, Alaska 99515
Main: 907-365-1210
Fax: 907-365-1220

Dear Sir/Madam:

This responds to your inquiry about exemptions from the diabetes standard in Alaska to operate a Commercial Motor Vehicle (CMV) in INTRASTATE commerce. To obtain this exemption, you must be qualified under all of the other physical standards in 49 CFR 391.41. The information you must submit, which is listed below, will enable us to evaluate the safety impact of any exemption.

Here is the specific information which you **must** submit to the Division of Measurement Standards and Commercial Vehicle Enforcement (MS&CVE).

Name: (First name, middle initial, last name)

Mailing Address: (House number and street name, City, State, and Zip code)

E-mail or Fax number _____

Telephone number: (Area code and number)

Date of Birth: (Month, day, and year)

Your application must include supporting documents listed below:

1. Your driving record for the 3-year period from DMV:
2. A medical examiner's certificate, from a medical examiner, that bears the statement "Medically unqualified unless accompanied by a Federal/State Diabetes Exemption".
3. You must have been examined by a physician who specializes in the treatment of diabetes (endocrinologist or diabetologist) or: Alternative Alaska licensed practitioner (M.D., D.O., A.N.P. or P.A.) who must certify that the driver:
 - (a) has been examined within the past two months;
 - (b) is free of significant hypoglycemic reactions (The applicant must have had no recurrent (two or more) episodes of hypoglycemia in the past 2 years and none in the preceding 1 year which resulted in loss of consciousness, seizure, impaired cognitive function or requiring intervention by another party, or occurring without warning (hypoglycemia unawareness). These drivers will be required to carry a source of rapidly absorbable glucose and continue to monitor their blood glucose using a portable glucose monitoring device

equipped with a computerized memory one hour prior to driving and approximately every four hours while driving.

(c) has the ability and has demonstrated willingness to properly monitor and manage his/her diabetes. Two measurements of glycosylated hemoglobin (total A₁ or A_{1c} concentration and the laboratory reference range), less than 8% separated by at least 90 days. The most recent measurement must be no more than 90 days old.

(d) does not have a diabetic condition that would adversely affect his or her ability to operate a CMV. The applicant will be required to provide copies of all medical records as well as accident and incident records pertinent to their history of diabetes. Specific reference to the *presence or absence* of cerebrovascular, cardiovascular, peripheral vascular disease, neuropathy, retinopathy or nephropathy.

(e) In addition, confirmation by an eye specialist of the absence of clinically significant eye disease.

(f) If the applicant is age 40 or older, a report, with ECG tracings, of a maximal graded exercise stress test.

(g) Verification that the applicant has been educated in diabetes and its control and understands the actions that should be taken if complications, especially hypoglycemia, should arise. The examining physician must also verify that the applicant has the ability and willingness to properly monitor and manage his or her diabetes.

(h) Drivers must demonstrate routine follow up with certifying practitioner on a regular basis no less than every 4 months

5. In addition, your application must contain the following statement: “I acknowledge that I must be otherwise qualified under 49 CFR 391.41 or hold another valid medical exemption before I can legally operate a commercial motor vehicle in INTRASTATE commerce.”

Please send the above information to:

Division of Measurement Standards and Commercial Vehicle Enforcement,
11900 Industry Way, Building M,
Anchorage, AK 99515-3592
FAX (907) 365-1220

Upon receipt of current and complete information, an evaluation for an exemption will be conducted, and you will be notified of the results. If you do not provide this information, your application will be returned or rejected. An exemption may be issued for a maximum of 1 year, but may be renewed at the discretion of the MS&CVE. Any exemption issued in response to your application is valid for operations only within Alaska. It does not exempt you from the physical qualifications from any bordering jurisdiction.

If you have any questions, please call Sgt. Jess Seward @ (907) 428-2020.

Sincerely,

Daniel Byrd, Chief,
DOT&PF, MS/CVE Division