

Are you at risk?

The Cardiovascular Advisory Panel Guidelines for the Medical Examination of Commercial Motor Vehicle Drivers estimates 50 million Americans have high blood pressure (hypertension).

The following table lists three stages of high blood pressure and its Commercial Driver's Certification Periods: (Adopted by the Federal Motor Carrier Safety Administration)

Blood Pressure Reading	Stage	Certification	Recertification Period
140-159/90-99	1	1 year—rarely disqualifying alone	One year if less than or equal to 140/90 A one-time certificate for 3 months may be issued if BP is 141-159/90-99
160-179/100-109	2	One-time certificate for 3 mos.	Once the driver reaches 140/90 or less, he or she can be recertified annually.
Greater than 180/110	3	Disqualified At recheck, a 6 month certificate may be issued if less than or equal to 140/90	Once the driver reaches 140/90 or less, he or she can be recertified every 6 months.

You can prevent high blood pressure from recurring or improve your condition. A person should not drive a commercial motor vehicle unless the individual is physically qualified to do so.

Consult with your U.S. HealthWorks medical provider and get tested for the best solutions. You may be able to reduce your risk by:

- Improving your diet (reduce salt, red meat, fat, and excessive alcohol).
- Exercising regularly. Exercise should be an important part of your life, but always check with your U.S. HealthWorks provider for the best routine.
- Avoiding tobacco products. Smoking will significantly increase the risk of high blood pressure. You should avoid secondhand smoke, and consider quitting if you do smoke.

HIGH BLOOD PRESSURE

