
Federal Motor Carrier Safety Administration Standard on Insulin-Treated Diabetes **Frequently Asked Questions**

What is the current Federal Motor Carrier Safety Administration (FMCSA) diabetes rule?

People who operate commercial motor vehicles and have diabetes treated with insulin are subject to rules that reflect modern diabetes management. The rule represents the first update to the Federal Motor Carrier Safety Regulations on diabetes since 1970.

Why this standard important?

The standard is important because it no longer contains a blanket exclusion against insulin use. Under the old rule, people with insulin-treated diabetes were prohibited from operating commercial motor vehicles unless they had obtained a diabetes exemption from the federal government. In adopting this revised standard, the federal government sent an important message that people with diabetes can safely operate commercial motor vehicles.

Who does the standard apply to?

The standard applies to any individual with insulin-treated diabetes who operates a commercial motor vehicle in interstate commerce. This includes most truck and bus drivers, operators of airport shuttles, delivery vehicles, construction vehicles, and many more. It covers commercial drivers who cross state lines as well as some who do not.

Is there special paperwork needed with the standard?

Yes. Individuals seeking medical certification will start the process by obtaining an assessment from a treating clinician. The treating clinician will complete the form MCSA-5870, **Insulin-Treated Diabetes Mellitus Assessment Form**. This form is then provided to the medical examiner who completes the medical certification process.

Are there any limits or restrictions under the standard?

The standard contains no categorical limitations or restrictions on the type of vehicle, endorsement, time or location, or other conditions under which an individual with insulin-treated diabetes may operate a commercial motor vehicle. The rule applies to operation in interstate commerce.

What are the revised standard's medical criteria?

The revised standard requires an assessment by a treating clinician who must certify that the individual has a “stable insulin regimen” and “properly controlled insulin-treated diabetes.” The treating clinician is given discretion to determine whether a particular individual meets these criteria.

Do I need an A1C below 10% to be certified?

No. The standard contains no requirement for a specific A1C level. A1C values may be used as a factor in the treating clinician's assessment but should not be the sole measure.

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Can I drive if I have complications of diabetes?

The standard deems severe non-proliferative diabetic retinopathy or proliferative diabetic retinopathy to be permanently disqualifying. Other diabetes complications should be assessed by the treating clinician based on an individual assessment and the severity of symptoms. A complication becomes a disqualifying factor only if it impairs the individual's ability to operate a commercial motor vehicle safely.

How often will I need to be re-certified under the standard?

The maximum period of medical certification under the standard is 12 months.

In what states does the standard apply?

The standard applies in every U.S. state and territory.

How do I get help with my commercial driver's license?

Information about commercial driving with diabetes, including updates on the standard, is posted at diabetes.org/CDL.

If you are facing discrimination because of your diabetes, related to a commercial driver's license or to any other aspect of employment, at school, in detention, or in other aspects of your daily life, contact the American Diabetes Association® at **1-800-DIABETES (800-342-2383)** or email AskADA@diabetes.org to get help.

2018 Revision to the Standard

When was the standard revised?

On September 19, 2018, the U.S. Department of Transportation FMCSA published in the Federal Register a **Final Rule on Diabetes**. This was the final step in a multi-year rulemaking process to update the rules applying to medical certification of interstate commercial drivers with diabetes. It took effect on November 19, 2018.

What happens if I held a diabetes exemption from FMCSA?

After the revised standard became effective, the Diabetes Exemption Program ceased. Individuals who held a diabetes exemption could seek Department of Transportation medical certification under the revised standard, which requires an assessment by a treating clinician and an evaluation by a medical examiner listed on the **National Registry of Certified Medical Examiners**.

Where can I find more information about the revision to the standard?

Access a copy of the revised standard.