



JetMed

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Checklist to prepare for your flight physical

 Look over and follow the checklist below and give us call, text or email anytime whenever you have any questions.

- REVIEW** the Medical Conditions List on our website. If you have any of the listed conditions and/or if you have a Special Issuance from the FAA, you'll need to see your doctor **no more than 90 days** before your flight physical. If you've seen your doctor within the last 2 months or so about your medical conditions, be sure to do steps 2 and 3 before your flight physical. If you need to see your doctor, be sure to do steps 1-3 before your flight physical.
 - 1-a. Applicable "CACI Worksheet":** Print a copy from our website of each that applies to you and bring it/ them to your doctor. Your doctor will need to evaluate the condition(s) and document that it is stable as outlined in the worksheet. The CACI Worksheet will indicate if your doctor will need to review any lab tests, so be sure to let your doctor know what tests to order and get those tests done **BEFORE** your doctor visit.
 - 1-b. Any Special Issuance Medical Conditions:** Your doctor will need to re-evaluate the condition(s) and document that it is stable. The re-evaluation may include reviewing lab results, so be sure to ask your doctor for lab orders ASAP so you can get that done **BEFORE** your doctor visit.
 - 2. Visit Note** (AKA "clinical progress note"): Get a copy of your doctor's chart documentation of your visit. This "clinical progress note" must be physically or electronically signed by your doctor. **CRUCIAL:** No other type of note is sufficient for the FAA (e.g. "patient portal note summary", "after visit summary note", summary letter from doctor, etc). See "Info on Doctor's Clinical Progress Note" on our website for more info.
 - 3. Upload** or email or fax a copy of that visit note to us.
- BOOK** appointment with Dr. Dodge
- COMPLETE** your application with the FAA at their MedXpress site. Please do this as soon as you can.
- PRINT** to PDF your completed MedXpress application and email or upload or fax the PDF to us.
- PLAN** to bring to your flight physical:
 - MedXpress number**
 - Special Issuance, SODA or LOE documentation** you may have from the FAA if you haven't uploaded it to us
 - Disability benefits letter** you may have from SSA or VA if you haven't uploaded it to us
 - Signed clinical progress note** (if applicable) from your doctor if you haven't uploaded it to us
 - List of the medications** (both prescription and non-prescription) and supplements you use if not fully listed on your MedXpress application
 - Eye glasses** (or contacts) if you use them. We have cases and solution if you only use contacts.
 - Full bladder** for your urine sample
 - Well-rested self** - get plenty of sleep the night before
 - And **avoid caffeine and strenuous exercise** the morning of your physical
- RELAX** and we'll see you soon!

Providing FAA flight physicals and aviator medical advocacy with attentive, proactive and concierge-level service