Form MCSA-5876

OMB No. 2126-0006 Expiration Date: 11/30/2021

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U.S. Department of Transportation
Federal Motor Carrier
Safety Administration

Medical Examiner's Certificate

(for Commercial Driver Medical Certification)

I certify that I have examined **Last Name** Cordeiro **First Name** Nathan in accordance with *(please check only one)*:

● the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and, with knowledge of the driving duties, I find this person is qualified, and, if applicable, only when *(check all that apply)* **OR**

○ the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) with any applicable State variances (which will only be valid for intrastate operations), and, with knowledge of the driving duties, I find this person is qualified, and, if applicable, only when *(check all that apply)*:

- ☐ Wearing corrective lenses
- ☐ Wearing hearing aid
- ☐ Accompanied by a _____ waiver/exemption
- ☐ Accompanied by a Skill Performance Evaluation (SPE) Certificate
- ☐ Driving within an exempt intracity zone (49 CFR 391.62) *(Federal)*
- ☐ Qualified by operation of 49 CFR 391.64 *(Federal)*
- ☐ Grandfathered from State requirements *(State)*

The information I have provided regarding this physical examination is true and complete. A complete Medical Examination Report Form, MCSA-5875, with any attachments embodies my findings completely and correctly, and is on file in my office.

Medical Examiner's Certificate Expiration Date: 08/11/2022

Medical Examiner's Signature: [signature]

Medical Examiner's Telephone Number: (650)589-6500

Date Certificate Signed: 08/11/2020

Medical Examiner's Name *(please print or type)*: Soares, Nicole

○ MD ○ Physician Assistant ● Advanced Practice Nurse
○ DO ○ Chiropractor ○ Other Practitioner *(specify)* _____

Medical Examiner's State License, Certificate, or Registration Number: 95008022

Issuing State: CA

National Registry Number: 9903701143

Driver's Signature: [signature]

Driver's License Number: d2360737

Issuing State/Province: CA

Driver's Address
Street Address: 1522 Lynn Ct City: SANTA ROSA State/Province: CA Zip Code: 95405

CLP/CDL Applicant/Holder: ● Yes ○ No

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Additional Notes Addendum

Last Name: Cordeiro | First Name: Nathan | DOB: 08/12/1984 | Exam Date: 08/11/2020

DRIVER HEALTH HISTORY

Surgery (continued):

Appendectomy in 2003 was inflamed

Medications (continued):

Health History Yes Answers(continued):

Other Health Conditions (continued):

Examiner Comments (continued):

Appendectomy in 2003

PHYSICAL EXAMINATION

OTHER TESTING

Glucose Meter Measurements (mg/dl):

Neck Circumference: (Inches) 15

BMI 27.1

Additional comments for abnormal urine values:

Last Name: Cordeiro First Name: Nathan DOB: 08/12/1984 Exam Date: 08/11/2020

DRIVER HEALTH HISTORY *(continued)*

Do you have or have your ever had:

	Yes	No	Not Sure
1. Head/brain injuries or illnesses *(e.g., concussion)*	○	◉	○
2. Seizures, epilepsy	○	◉	○
3. Eye problems *(except glasses or contacts)*	○	◉	○
4. Ear and/or hearing problems	○	◉	○
5. Heart disease, heart attack, bypass, or other heart problems	○	◉	○
6. Pacemaker, stents, implantable devices, or other heart procedures	○	◉	○
7. High blood pressure	○	◉	○
8. High cholesterol	○	◉	○
9. Chronic (long-term) cough, shortness of breath, or other breathing problems	○	◉	○
10. Lung disease *(e.g., asthma)*	○	◉	○
11. Kidney problems, kidney stones, or pain/problems with urination	○	◉	○
12. Stomach, liver, or digestive problems	○	◉	○
13. Diabetes or blood sugar problems	○	◉	○
Insulin used	○	◉	○
14. Anxiety, depression, nervousness, other mental health problems	○	◉	○
15. Fainting or passing out	○	◉	○
16. Dizziness, headaches, numbness, tingling, or memory loss	○	◉	○
17. Unexplained weight loss	○	◉	○
18. Stroke, mini-stroke (TIA), paralysis, or weakness	○	◉	○
19. Missing or limited use of arm, hand, finger, leg, foot, toe	○	◉	○
20. Neck or back problems	○	◉	○
21. Bone, muscle, joint, or nerve problems	○	◉	○
22. Blood clots or bleeding problems	○	◉	○
23. Cancer	○	◉	○
24. Chronic (long-term) infection or other chronic diseases	○	◉	○
25. Sleep disorders, pauses in breathing while asleep, daytime sleepiness, loud snoring	○	◉	○
26. Have you ever had a sleep test *(e.g., sleep apnea)*?	○	◉	○
27. Have you ever spent a night in the hospital?	○	◉	○
28. Have you ever had a broken bone?	○	◉	○
29. Have you ever used or do you now use tobacco?	○	◉	○
30. Do you currently drink alcohol?	○	◉	○
31. Have you used an illegal substance within the past two years?	○	◉	○
32. Have you ever failed a drug test or been dependent on an illegal substance?	○	◉	○

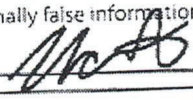
Other health condition(s) not described above: ○ Yes ◉ No ○ Not Sure

Did you answer "yes" to any of questions 1-32? If so, please comment further on those health conditions below. ○ Yes ◉ No ○ Not Sure

(Attach additional sheets if necessary)

CMV DRIVER'S SIGNATURE

I certify that the above information is accurate and complete. I understand that inaccurate, false or missing information may invalidate the examination and my Medical Examiner's Certificate, that submission of fraudulent or intentionally false information is a violation of 49 CFR 390.35, and that submission of fraudulent or intentionally false information may subject me to civil or criminal penalties under 49 CFR 390.37 and 49 CFR 386 Appendices A and B.

Driver's Signature:  Date: 8/11/2020 9:27:42 AM

SECTION 2. Examination Report *(to be filled out by the medical examiner)*

DRIVER HEALTH HISTORY REVIEW

Review and discuss pertinent driver answers and any available medical records. Comment on the driver's responses to the "health history" questions that may affect the driver's safe operation of a commercial motor vehicle (CMV).

Appendectomy in 2003.

(Attach additional sheets if necessary)

Last Name: Cordeiro First Name: Nathan DOB: 08/12/1984 Exam Date: 08/11/2020

TESTING

Pulse rate: 64 Pulse rhythm regular: ◉ Yes ○ No Height: 5 feet 2 inches Weight: 148 pounds

Blood Pressure	Systolic	Diastolic
Sitting	126	71
Second reading (optional)		

Urinalysis	Sp. Gr.	Protein	Blood	Sugar
Urinalysis is required. Numerical readings must be recorded.	1.015	Negati	Negat	Negati

Other testing if indicated

Protein, blood, or sugar in the urine may be an indication for further testing to rule out any underlying medical problem.

Vision

Standard is at least 20/40 acuity (Snellen) in each eye with or without correction. At least 70° field of vision in horizontal median measured in each eye. The use of corrective lenses should be noted on the Medical Examiner's Certificate.

Acuity	Uncorrected	Corrected	Horizontal Field of Vision
Right Eye:	20/ 20	20/	Right Eye: 85 degrees
Left Eye:	20/ 20	20/	Left Eye: 85 degrees
Both Eyes:	20/ 20	20/	

	Yes	No
Applicant can recognize and distinguish among traffic control signals and devices showing red, green, and amber colors	◉	○
Monocular vision	○	◉
Referred to ophthalmologist or optometrist?	○	◉
Received documentation from ophthalmologist or optometrist?	○	◉

Hearing

*Standard: Must first perceive whispered voice at not less than 5 feet **OR** average hearing loss of less than or equal to 40 dB, in better ear (with or without hearing aid).*

Check if hearing aid used for test: ☐ Right Ear ☐ Left Ear ☑ Neither

Whisper Test Results	Right Ear	Left Ear
Record distance *(in feet)* from driver at which a forced whispered voice can first be heard	5	5

OR

Audiometric Test Results

Right Ear			Left Ear		
500 Hz	1000 Hz	2000 Hz	500 Hz	1000 Hz	2000 Hz

Average (right): Average (left):

PHYSICAL EXAMINATION

The presence of a certain condition may not necessarily disqualify a driver, particularly if the condition is controlled adequately, is not likely to worsen, or is readily amenable to treatment. Even if a condition does not disqualify a driver, the Medical Examiner may consider deferring the driver temporarily. Also, the driver should be advised to take the necessary steps to correct the condition as soon as possible, particularly if neglecting the condition could result in a more serious illness that might affect driving.

Check the body systems for abnormalities.

Body System	Normal	Abnormal	Body System	Normal	Abnormal
1. General	◉	○	8. Abdomen	◉	○
2. Skin	◉	○	9. Genito-urinary system including hernias	◉	○
3. Eyes	◉	○	10. Back/Spine	◉	○
4. Ears	◉	○	11. Extremities/joints	◉	○
5. Mouth/throat	◉	○	12. Neurological system including reflexes	◉	○
6. Cardiovascular	◉	○	13. Gait	◉	○
7. Lungs/chest	◉	○	14. Vascular system	◉	○

Discuss any abnormal answers in detail in the space below and indicate whether it would affect the driver's ability to operate a CMV. Enter applicable item number before each comment.

(Attach additional sheets if necessary)

Last Name: Cordeiro First Name: Nathan DOB: 08/12/1984 Exam Date: 08/11/2020

Please complete only one of the following (Federal or State) Medical Examiner Determination sections:

MEDICAL EXAMINER DETERMINATION (Federal)

Use this section for examinations performed in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49):

○ Does not meet standards *(specify reason)*: _____

◉ Meets standards in 49 CFR 391.41; qualifies for 2-year certificate

○ Meets standards, but periodic monitoring required *(specify reason)*: _____

Driver qualified for: ○ 3 months ○ 6 months ○ 1 year ○ other *(specify)*: _____

☐ Wearing corrective lenses ☐ Wearing hearing aid ☐ Accompanied by a waiver/exemption *(specify type)*: _____

☐ Accompanied by a Skill Performance Evaluation (SPE) Certificate ☐ Qualified by operation of 49 CFR 391.64 *(Federal)*

☐ Driving within an exempt intracity zone *(see 49 CFR 391.62) (Federal)*

☐ Determination pending *(specify reason)*: _____

☐ Return to medical exam office for follow-up on *(must be 45 days or less)*: _____

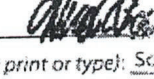
☐ Medical Examination Report amended *(specify reason)*: _____

(if amended) Medical Examiner's Signature: _____ Date: _____

☐ Incomplete examination *(specify reason)*: _____

If the driver meets the standards outlined in 49 CFR 391.41, then complete a Medical Examiner's Certificate as stated in 49 CFR 391.43(h), as appropriate.

I have performed this evaluation for certification. I have personally reviewed all available records and recorded information pertaining to this evaluation, and attest that to the best of my knowledge, I believe it to be true and correct.

Medical Examiner's Signature: 

Medical Examiner's Name *(please print or type)*: Soares, Nicole

Medical Examiner's Address: 192 Beacon St City: South San Francisco State: CA Zip Code: 94080-6913

Medical Examiner's Telephone Number: (650)589-6500 Date Certificate Signed: 08/11/2020

Medical Examiner's State License, Certificate, or Registration Number: 95008022 Issuing State: CA

☐ MD ☐ DO ☐ Physician Assistant ☐ Chiropractor ☑ Advanced Practice Nurse

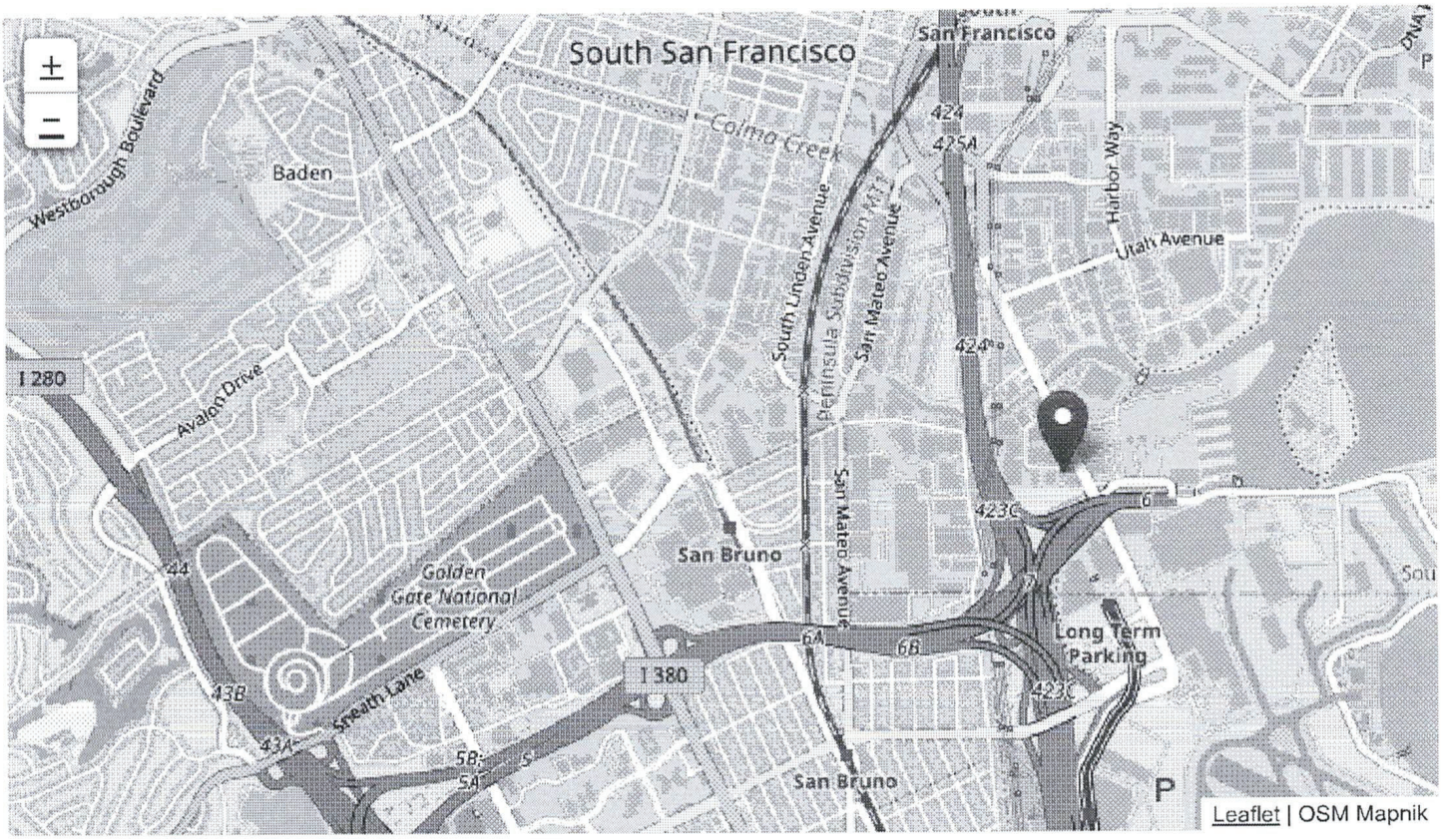
☐ Other Practitioner *(specify)*: _____

National Registry Number: 9903701143 Medical Examiner's Certificate Expiration Date: 08/11/2022

United States Department of Transportation

FMCSA

National Registry of Certified Medical Examiners Search



Ms. Nicole M Soares Nurse Practitioner
Concentra
192 Beacon St
San Francisco, CA 94080
(650) 589-6500

National Registry Number: 9903701143
Certification Date: 02/20/20

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