Requirements

Federal regulations require all CDL holders and applicants to certify how they operate their commercial motor vehicle whenever they renew, upgrade, or obtain a CDL for the first time. CDL holders who certify to the "nonexcepted interstate" category will be required to have a medical certificate provided to the Iowa DOT through their medical provider.

These requirements DO NOT change who has to obtain a CDL or who has to obtain a Medical Examiner's Certificate. They only require two things:

1. Certification

All CDL holders and CDL applicants must self-certify the type of driving they are engaged in. ***Use the inside of this brochure to determine your driving type.***

2. Medical certificate

Drivers that certify to nonexcepted interstate driving must have a medical certificate provided to the Iowa DOT through their medical provider, and must keep that certificate current.

New CDL drivers

First-time CDL applicants and drivers transferring from out of state will complete the certification process when the license is issued and have a medical certificate (if required) provided to the Iowa DOT by their medical provider or the National Registry at that time.

Renewing or upgrading a CDL

Whenever you're issued a CDL product (including renewals and upgrades), you will need to have a medical certificate provided to the Iowa DOT by your medical provider.

Medical certificates (if required)

You will need to visit your medical provider before your certificate expires to ensure you have the most up-to-date certificate submitted through NRII. Visit your provider well before your current certificate expires to allow time for the data validation process.

What happens if I do not comply?

Federal regulations require the Iowa DOT to downgrade your CDL to a noncommercial license if you are not in compliance.

Can I change my certification?

You will need to visit your medical provider to ensure you have the most up-to-date certificate submitted through the national database of CDL medical certifications..

Drivers that certify to intrastate driving are required to have a restriction placed on their license ("K" restriction). This restriction indicates intrastate driving only while operating a commercial vehicle.

Changing your certification category may require the addition or the removal of this restriction on your driver's license.

For more info, visit: https://iowadot.gov/drivers-licenses-ids/commercial-drivers/medical-cards-certification

Want to check your status?

Log in to myMVD to check your certification status by going to: **https://mymvd.iowadot.gov.**

For more information, visit:
https://iowadot.gov/drivers-licenses-ids/commercial-drivers/medical-cards-certification

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For more information, visit the FMCSA National Registry: https://nationalregistry.fmcsa.dot.gov/nriilearning-center

Iowa DOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964 and other nondiscrimination statutes. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Iowa DOT Civil Rights at 515-239-1111 or by email at civil.rights@iowadot.us.

Form 434007 MM 470 8/28/2026

IOWA | DOT

CDL

(commercial driver's license)

Self-certification and Medical Examiner's Certificate reporting

PROTECT YOUR CDL

Compliance is easy

find out how









Answer the questions below to determine which category applies to you.

HOW DO YOU OPERATE YOUR CMV?

YES

Do you operate a CMV only?

- As a government employee per 49 CFR part 390.3(f)
- For school bus operations per 49 CFR part 390.3(f)
- Occasionally transporting personal property per 49 CFR part 390.3(f)
- Transporting corpses or the sick per 49 CFR part 390.3(f)
- As a fire truck or rescue vehicle per 49 CFR part 390.3(f)
- Transporting propane/winter heating fuel in an emergency per 49 CFR part 390.3(f)
- For custom farm operations per 49 CFR part 391.2
- As a beekeeper per 49 CFR part 391.2
- As a driver operating a "covered farm vehicle" as defined in 49 CFR 390.5
- As a private motor carrier carrying passengers for nonbusiness per 49 CFR part 391.68
- Transporting migrant workers per 49 CFR part 398.3
- Designed or used to transport nine to 15 passengers, not for direct compensation per 49 CFR part 390.3(f)

NO

NONEXCEPTED INTERSTATE

1. Self-certify as a nonexcepted interstate driver.
2. Visit your medical provider to ensure your medical certificate is submitted to the Iowa DOT.

Often a Medical Examiner's Certificate expires before it is time to renew your CDL. **Be sure to visit your medical provider before your certificate expires to ensure that the most up-to-date medical certificate is submitted to the Iowa DOT.**

YES

EXCEPTED INTERSTATE

1. Self-certify as an excepted interstate driver.

YES

Do you operate a CMV only?

- As a public utility truck per Iowa Code 321.449
- As a truck hauling gravel per Iowa Code 321.449*
- As a private construction truck or equipment per Iowa Code 321.449*
- As a truck moving implements of husbandry per Iowa Code 321.449*
- As a farmer, or farmer's hired help, operating a covered farm vehicle
- As a school district-employed school bus driver
- As a government driver per adoption of federal rules in 761 IAC 520
- Other farm and agricultural exemptions per Iowa Code 321.449 and 450
- As a vehicle, or vehicles, with a gross vehicle weight rating of 26,000 lbs. or less.
- As an operator of a vehicle designed to transport 15 or fewer passengers including the driver

**Does not include truck tractor semitrailer combinations and trucks for hire.*

NO

NONEXCEPTED INTRASTATE

1. Self-certify as a nonexcepted intrastate driver.
2. You DO NOT need to submit a copy of your Medical Examiner's Certificate to the Iowa DOT.

**Your driver's license will show a restriction "K" for intrastate driving only (when operating a CMV).*

YES

EXCEPTED INTRASTATE

1. Self-certify as an excepted intrastate driver.

**Your driver's license will show a restriction "K" for intrastate driving only (when operating a CMV).*

HOW DO I STAY IN COMPLIANCE?

1. Complete the self-certification form whenever you renew, upgrade, or obtain a new CDL online or in person at any driver's license issuance site.

   To make an appointment at a driver's license issuance site, go to: iowadot.gov/drivers-licenses-ids/schedule-appointment. If you need to change your certification, please make an appointment.

2. Continue to visit your medical provider to update your medical certificate. Be sure to visit your provider well before your certificate's expiration to ensure the most up-to-date certificate is submitted to the Iowa DOT.