

**DIABETES MELLITUS TYPE I OR TYPE II  
INSULIN TREATED - CGM OPTION**

**INITIAL CERTIFICATION - AIRMAN INFORMATION**

(Updated 09/30/2020)

**If you are an AIRMAN:**

1. See your treating physician and get healthy.
2. Do not fly, in accordance with 14 CFR 61.53, until you have an Authorization from the FAA.
3. Contact Pilot Medical Solutions to help you through the FAA process:
  - Establish care with a board-certified endocrinologist.
  - Select, in conjunction with your board-certified endocrinologist, an appropriate Continuous Glucose Monitor (CGM) device that meets all FAA monitoring criteria.
  - Collect **a minimum of 6 months of CGM data.**
  - Verify your CGM report identifies the percentage of time spent with glucose less than 80 mg/dL, between 80 and 180 mg/dL, and above 180 mg/dL.
  - For airmen with flight hours, note on an Excel spreadsheet any flights, glucose levels during flight, and any actions needed to correct glucose. (If you do NOT have any flight hours, skip to the next item below.)
  - Obtain initial lab battery and submit copies of A1C from at least **past 12 months.**
  - Obtain an eye evaluation from a board-certified ophthalmologist (M.D. or D.O.)  
Exam by an optometrist (O.D.) is **NOT** acceptable.
  - Obtain a cardiac evaluation from a board-certified cardiologist.
  - Obtain an ECG.
  - Undergo a Stress Test Bruce Protocol (if age 40 or older).
4. When you have accomplished all of the above:
  - Submit the above information and information on any other condition that may require a Special Issuance.
5. When submitting information:
  - Make sure that A COMPLETE package is sent to the FAA within 14 Days.  
**Partial or incomplete packages will NOT be reviewed and will cause a DELAY in certification.** Submit **ALL** the information to the FAA.

Contact Pilot Medical Solutions at 405-787-0303  
or visit [www.LeftSeat.com](http://www.LeftSeat.com)