

**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. Find an Aviation Medical Examiner ([AME](#)) to work with 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. ([See "Item # 4 - Continuous Glucose Monitor Data" of the ITDM Initial Certificate Consideration Requirements](#)).
  - 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:
  - See your AME and complete a new 8500-8 exam;
  - Submit the above information and information on **any other condition** that may require a Special Issuance.
5. When submitting information:
  - The AME must submit your exam as **DEFERRED**.
  - Coordinate with your AME to make sure that A COMPLETE package is sent to the FAA at the address below **WITHIN 14 DAYS**. **Partial or incomplete packages will NOT be reviewed and will cause a DELAY in certification**. Submit **ALL** the information to:

Using Regular Mail (US Postal)	or	Using Special Mail (FedEx, UPS, etc.)
Federal Aviation Administration Aerospace Medical Certification Division CAMI Building 13, Room 308, AAM-300 P.O. Box 25082 Oklahoma City, OK 73125		Federal Aviation Administration Aerospace Medical Certification Division 6500 S. MacArthur Boulevard CAMI Building 13, Room 308, AAM-300 Oklahoma City, OK 73169