

## **Professional Health Monitoring Program**

### **Drug Testing General Information Sheet**

Individuals participating in the Professional Health Monitoring Programs' (PHMP), Voluntary Recovery Program (VRP) or the Disciplinary Monitoring Unit (DMU) are required to submit to random drug testing. PHMP's drug testing program is currently managed by an organization called RecoveryTrek.

#### **Enrollment and Collection Site Designation:**

1. To enroll in PHMP's drug testing program, please contact RecoveryTrek at 757-943-9800 or [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com). Please inform RecoveryTrek that you must enroll in PHMP's drug testing program.
2. You must enroll in RecoveryTrek and be in compliance with all of the drug testing requirements within two weeks of your receipt of these enrollment instructions.
3. At the time of your enrollment in PHMP's drug testing program, RecoveryTrek will provide you with a list of currently approved collection sites and they will assist you with selection of a designated site. If you wish to explore the possibility of designating a collection site that is not currently approved by RecoveryTrek, such as your employer or your primary care practitioner, please contact RecoveryTrek.
4. All designated collection sites are required to adhere to the guidelines set forth by the United States Department of Transportation.
5. All specimens must be provided at a RecoveryTrek-approved collection site.

#### **Call In Procedures and Specimen Collections:**

1. You are required to contact RecoveryTrek on a daily basis to determine whether or not you are selected for a test. The message will be changed daily at 1:00 AM and can be accessed after that time until 10:00 PM.
2. When you are selected for a drug test, you must have a specimen collected on the day you are selected at a RecoveryTrek-approved collection site.
3. You are required to comply with all of collection guidelines of your RecoveryTrek-approved site, including submitting to direct observation collection procedures.
4. PHMP participants are required to submit to split specimen urine collections. You must provide at least 45 milliliters (ml) of urine specimen.

5. It is a violation of the Consent Agreement/Order if any of the following occurs: failure to provide a suitable specimen prior to leaving the collection site, refusing to follow direct observation collection procedures, failure to provide a specimen on the selected test date, and/or not providing a sample of sufficient quantity.

**Chain of Custody Forms:**

1. All specimen collections must be done utilizing RecoveryTrek collection supplies, including a RecoveryTrek Chain of Custody (COC) form. RecoveryTrek is responsible for arranging to have the collection supplies sent to your RecoveryTrek-approved collection site in advance of your specimen collection. Please note:
  - A. Prior to providing a sample, please ensure your collection site has a “RecoveryTrek-PA Programs” COC form. If they do not, please contact RecoveryTrek at 757-943-9800 or [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com).
  - B. The COC must be fully and accurately completed by you and the collector, including identification of the test panel you were selected for by RecoveryTrek.
2. After submitting your specimen, please retain a copy of your COC document. The COC is your only receipt verifying a specimen collection was performed.

**Cost of Drug Testing:**

1. The cost of drug testing varies depending on the type of specimen collected, the panel selection, and the collector’s collection fee. PHMP primarily utilizes urine testing.
2. The current costs for drug testing generally ranges from:
  - A. Urine specimens: \$29.00 – \$75.00 + collection fee.
  - B. Hair specimens: \$65.00 – \$215.00 + collection fee.
  - C. Blood specimens: \$60.00 – \$175.00 + collection fee.

Note: Costs for drug testing will be higher if more specialized drug test panels are required.

3. You are responsible for paying all costs associated with drug testing. Failure to pay the costs of drug testing including analysis or any subsequent reanalysis of your specimens is a violation of the Consent Agreement/Order.

**Abstention:**

1. You shall completely abstain from the use of all controlled substances, caution legend drugs, mood-altering drugs or drugs of abuse including alcohol in any form.

2. You shall avoid all products containing alcohol including but not limited to: over-the-counter medications (e.g. cough syrup), mouthwash, hygiene products, topical gels or medications, foods or liquids containing alcohol (e.g. vanilla extract, kombucha).
3. You shall avoid all foods containing poppy seeds.
4. A positive drug screen result shall constitute as an irrefutable violation of the Consent Agreement/Order if a specimen is positive due to a failure to strictly adhere to the abstention requirements of the Consent Agreement/Order.

**Travel:**

1. You shall continue to comply with the drug testing requirements when travelling outside of your home area including performing daily call-ins and providing specimens at RecoveryTrek-approved collection sites.
2. You must comply with the following protocol when travelling outside of your home area:
  - A. At least two weeks prior to your travel you must contact RecoveryTrek at 757-943-9800 or [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com) to inform them of the dates and destination of your travel plans. Note: Failure to provide RecoveryTrek with the required advanced notice of your travel may result in RecoveryTrek being unable to set-up a collection site for you. Should this occur, PHMP will record any missed test as a violation of the drug testing requirements.
  - B. Call RecoveryTrek daily while you are away. If you are selected for a test, you must contact RecoveryTrek to be assigned an approved collection site. You must report to the site that is assigned to you and provide your specimen on the same day that you are selected for a screen.

You must comply with all of the above drug testing guidelines. Random drug testing is PHMP's primary method of verifying individuals are abstaining from prohibited substances.

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