



Pennsylvania
Department of State

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.

As the drug testing program administrator, RecoveryTrek is responsible for addressing any drug testing related questions or concerns, including collection site approval, addressing collection site issues, questions regarding drug testing panels, and/or questions regarding drug testing fees.

RecoveryTrek contact information:

1. Telephone: 757-943-9800
2. Email: greatsupport@recoverytrek.com

Enrollment and collection site designation:

1. RecoveryTrek is responsible to provide PHMP participants with a current list of RecoveryTrek-approved collection sites to select a designated collection site.
2. All designated collection sites are required to adhere to the guidelines set forth by the United States Department of Transportation.
3. PHMP participants have the right to explore the possibility of designating a collection site that is not currently approved by RecoveryTrek, such as the participant's employer, treatment provider, or primary care practitioner. To do so, the PHMP participant must:
 - A. Contact the RecoveryTrek account manager directly to provide RecoveryTrek with the proposed collection site's contact information.
 - B. Receive RecoveryTrek-approval before using the proposed site.
4. All specimens must be provided at a RecoveryTrek-approved collection site.



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Check in procedures and specimen collections:

1. PHMP participants are required to contact RecoveryTrek daily (currently Monday – Friday); specifically, between the hours of 1:00 AM – 10:00 PM to determine whether the PHMP participant is selected for a drug test.
2. On a test selection day, the PHMP participant must provide the specimen/drug test panel type requested on the scheduled test date and at the specific collection site identified by RecoveryTrek.
3. 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 the participant’s RecoveryTrek-approved collection site in advance of the participant’s specimen collection.
 - A. Prior to providing a sample, participants must ensure the collection site has a “RecoveryTrek-PA Programs” COC form. If the site does not, the participant must contact RecoveryTrek directly at 757-943-9800 or greatsupport@recoverytrek.com.
 - B. The COC must be fully and accurately completed by the participant and the collector, including identification of the test panel selected for by RecoveryTrek.
 - C. After submitting a specimen, the participant is responsible for retaining a copy of the completed COC document. The COC is the only receipt verifying a specimen collection was performed.
4. Participants must comply with all of the collection guidelines of the RecoveryTrek-approved site, including submitting to direct observation collection procedures.
5. All urine specimens are to be split specimen collections, which requires providing at least 45 milliliters (ml) of urine specimen.
6. PHMP utilizes an extensive list of drug testing panels that have different drug detection time periods and/or test for different substances. Since not all drug testing types are the same and a negative drug test for one drug testing method is not irrefutable evidence of abstinence from all prohibited substances, it is a violation of the PHMP monitoring requirements if any of the following occurs:
 - A. Failing to provide a specimen on the selected test date.
 - B. Selecting the incorrect drug test panel.



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- C. Failing to provide the correct specimen type.
- D. Refusing to follow direct observation collection procedures.
- E. Failing to provide a suitable specimen prior to leaving the collection site and/or not providing a sample of sufficient quantity.
- F. Using a non RecoveryTrek-approved collection site, laboratory, and/or drug testing forms/supplies.

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 per drug test range from:
 - A. Urine specimens: \$33.00 – \$197.00 + collection fee
 - B. Hair specimens: \$65.00 – \$420.00 + collection fee
 - C. Blood specimens: \$65.00 – \$142.00 + collection fee
 - D. Self-administered tests: \$68.00 – \$160.00 + shipping & handling fees

Note: Costs for drug testing could be higher if more specialized drug testing is required.

- 3. PHMP participants are responsible for paying all costs associated with drug testing. Failure to pay the costs of drug testing including analysis, any subsequent reanalysis of a non-negative specimen, and/or a medical review officer consultation is a violation.

Travel:

- 1. Drug testing requirements must be complied with when PHMP participants travel outside of the participant's home area including performing daily check-ins and submitting specimens at RecoveryTrek-approved collection sites.
- 2. PHMP does not authorize monitoring interruptions during a PHMP participant's travel.



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3. The following protocol must be followed by PHMP participants during their travel:
 - A. At least two weeks prior to the participant's travel the participant must contact RecoveryTrek at 757-943-9800 or greatsupport@recoverytrek.com to inform RecoveryTrek of the dates and destination of the participant's travel plans.

Failure to provide RecoveryTrek with the required advanced travel notice may result in RecoveryTrek being unable to set-up a collection site. Should this occur, PHMP will record any missed test as a violation of the drug testing requirements.

- B. Perform RecoveryTrek check-ins daily. If selected for a test, the participant must contact RecoveryTrek to be assigned an approved site, report to the RecoveryTrek-approved site, and submit the required specimen on the same day of the test selection.

Self-administered drug testing option (PROOF):

1. PROOF is the world's first integrated technology solution for observed drug and alcohol testing. The smart phone application guides an individual through the collection process and audio/video records every step for complete and customized Chain of Custody.
2. PHMP offers PROOF to program participants to potentially provide greater flexibility to individuals in fulfilling their drug testing requirements when confronted with non-routine work issues, transportation problems, or while travelling.
3. PROOF is not intended to be the sole drug testing method for PHMP participants.
4. PHMP participants must provide the specimen/drug test panel type they are selected for on a selected test date. Approval to substitute a PROOF test for another selected drug test panel type must be obtained from either the monitoring program case manager or from RecoveryTrek's drug selection message specifically indicating a PROOF test can be substituted for another scheduled drug test panel.
5. Ordering PROOF kits is not a mandatory requirement for PHMP participation.
6. PHMP participants must contact the RecoveryTrek account manager to obtain additional information and/or to pursue ordering PROOF kits.



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Abstention requirements for participants:

1. Completely abstain from the use of controlled substances, caution legend (prescription) drugs, mood altering substances or substances of abuse including alcohol in any form, except under the following conditions:
 - A. Participant is a bona fide patient of a licensed health care practitioner who is aware of the participant's impairment and PHMP participation;
 - B. Such medications are lawfully prescribed by the participant's treating practitioner;
 - C. Participant provides PHMP, within five days in writing, of receiving a prescription or prescription refill with the following information: name of the medication, name of prescribing practitioner, illness or condition diagnosed, the type, strength, amount and dosage of the medication.
2. Abstain from the use of marijuana, medical marijuana, medical marijuana extract, synthetic marijuana, cannabinoids, cannabichromene (CBC), cannabidiol (CBD), cannabidiolic acid (CBDA), cannabidivarin (CBDV), cannabigerol (CBG), cannabinol (CBN), Delta-8 Tetrahydrocannabinol (Delta-8 THC), Delta-9 Tetrahydrocannabinol (THC), tetrahydrocannabinolic acid (THCA), tetrahydrocannabivarin (THCV), and terpenes unless the participant's licensed health care practitioner who is aware of the participant's impairment and PHMP participation and participant's PHMP-approved provider determines it is medically appropriate.
3. 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).
4. Abstain from all substances of abuse including but not limited to Dextromethorphan, Kratom, Kava, Khat, Ayahuasca, Peyote, Salvia.
5. Avoid all foods that contain poppy seeds. Ingestion of poppy seeds will not be accepted as a valid explanation of a positive drug test.

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