



CAMP BELKNAP

Health Forms and Medication

At Camp Belknap, we are committed to the health and safety of all members of our community. This letter outlines the steps for collecting health information and our process for medications. **Please read it carefully and note the deadlines and updates in 2022.**

Belknap requires camper families complete two portals for health/medication:

- **CampDoc** – The site is for medical forms and history. You received information on this with your registration acceptance letter. You will get an email invitation by early March 2022. This online record must be completed by **April 15th**. We are aware that a physical or vaccine boosters may occur after the deadline, but please complete the rest of the account so that our health staff can review records and prepare for your camper. Please contact us if you have not gotten the invitation.
- **PackMyRx (packmyrx.com)**– This site is for all medications dispensed while at camp. **Using this dispensing company and completing this step is mandatory for those taking medications at camp (unless you meet the exception criteria below).** If your camper does not take any prescription or non-prescription medications at camp you will not need to use this portal. Families will not be able to drop medications/bottle with the nurse on check in day. You must register on this portal and provide the prescriptions to the pharmacy **at least 30 days prior to arrival.** There is a \$50 cost that you will pay directly to PackMyRx for this required service. Please read the below information carefully.

Important Notes on Medication while at Camp:

- All medications (prescription, non-prescription, vitamins, supplements) must remain in the Health Center while your son is at camp. The only exceptions to this are inhalers or Epi-Pens® for severe allergies. If you want your child to always carry an epi-pen or inhaler during camp, you must download a form from CampDoc or Camp Belknap website and have a Physician/Medical provider complete it. We also ask that a back-up inhaler or Epi-Pen® must be provided to be kept in the Health Center, in addition to the one your son carries.
- Camp Belknap requires that you use PackMyRx for the following medications: prescriptions, over the counter medications, and vitamins. **Dropping medications on check-in day will not be accepted unless you meet one of the following criteria for exception.**
 - The only prescriptions that can be dropped with the health team on check in day are epi-pens, inhalers, insulin, and growth hormone.
 - Additionally, if your insurance carrier is Medicaid insurance or state plan you will need to contact camp Belknap to make other arrangements for your medications as packmyrx does not accept that insurance. If you have concerns or questions about this, please contact Camp Belknap directly.
- Any over-the-counter medications that are taken on a daily basis must be included in your packmyrx order. Please note, Camp has available routine over-the counter medications for as needed situations for injury and illness such as ibuprofen, acetaminophen, cetirizine, loratadine, diphenhydramine, and guaifenesin. We will dispense these medication as deemed medically necessary.

- To prevent interruption of camp activities and to help your camper remember to take his medications, we offer the following **medication administration** times:
 - 7:45 am (Before breakfast)
 - 12:45 pm (Before lunch)
 - 5:30 pm (Before dinner)
 - 8:45 pm (Before bedtime)

Important Info about Pack My Rx

Pack My Rx will package your child's medications in strips of individual pouches labeled with your child's name, medication(s), date, and time of day to administer. This distribution method helps nurses be better organized and helps avoid potential errors. Also, from experience we have found increased efficiency during check-in day. This is a safety precaution that we have implemented, and your adherence and cooperation is appreciated.

Pack My Rx will ship all medications on a monthly basis to camp and any extra medication will be sent home with your camper at the end of the session.

Please complete your registration at packmyrx.com as early as possible, so that Pack My Rx can guarantee the timely arrival of medications to camp and avoid any late fees and/or expedited shipping fees. Information and Instructions from Pack My Rx for completing this process are included. *If you are unsure of medication doses and if you are concerned this will change between now and closer to camp, please wait to register closer to camp but please make sure to complete and send prescriptions 30 days prior to camp.*

Note that if you have used Pack My Rx before (last summer), your login information remains the same, but you will need to register for the 2022 summer session.

We are looking forward to a joyful and safe summer under the pines! Please reach out if you have any questions (603)569-3475.

Sincerely,

Stephanie & Seth Kassels, Directors

YMCA Camp Belknap

PACKMYRX INFORMATION AND INSTRUCTIONS

Pack My Rx works with **Direct Meds of Florida Pharmacy** to dispense your child's medications in convenient multi-dose strip pouches, labeled with your child's name, medication, and instructions

Registration:

1. Log on to Packmyrx.com
2. At the upper right corner, click on the "Get Started" button. Or if you are a returning camper, click the log in button.

Important information to know ahead of time:

- Registration is open now; it is **important to register as early as possible (and before 30 days before camp)** at www.packmyrx.com, to guarantee the timely arrival of medications to camp and to avoid any late fees.
- **Prescriptions** have to be sent to **Direct Meds of Florida (the pharmacy that PackMyRX uses)** at least one month before camp starts but can be sent as early as February.
- **Direct Meds of Florida** will fill a 30-day supply for all prescriptions and send to camp prior to your child's arrival but will usually not submit to your insurance until your child is at camp. Please ask your insurance to allow a vacation override for the summer camp months. If your child is at camp for more than 30 days, a 30-day refill will be sent to camp. Any medication packed for camp that is not used at camp is sent home with your child.
- You may refill any necessary medication before camp starts, but do not fill prescriptions at home while your child is at camp. Leave any unused medication at home for use after camp.
- Most commercial prescription insurance plans are accepted. Medicaid is not accepted.
- Parents are responsible for all out-of-pocket expenses.
- Gummies and dissolvable medications cannot be packed in pouches so please substitute with tablets or chewable alternatives.
- If you have used Pack My Rx before, your login information remains the same, but you need to create a new registration for each summer

Registration Fees:

- **\$50/camper** (for clarification purposes, the registration will say that the fees are \$60/30-days and \$70/60- days but immediately below it shows your cost (\$50) as Belknap is picking up the balance and all campers will pay \$50 to the packmyrx company). **This registration fee will be charged when you register on the portal.**
- Please note that this is the cost to use the company and you will also be charged co-pay or out of pocket expense for the medication.

30 days before camp starts, Direct Meds of Florida must have:

- **A completed registration**
- **All prescriptions for 30 days plus a refill or additional script**
- **Copy of insurance card if necessary**

The following **Late Fees** will apply if any of the above requirements arrives late:

\$30 Fee: if less than 30 days before camp starts

\$85 Fee: if less than 14 days before camp starts

- This covers 2-day UPS shipping.
- This fee will also be charged if there are any medication changes that require a special rush shipment.
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Remember: Register as soon as possible at www.packmyrx.com to avoid any late fees.

Pack My Rx is happy to answer any questions and help with the registration process.

Call or email: **888-598-MEDS (6337)** info@packmyrx.com



Dear Physicians,

Pack My Rx works exclusively with **Direct Meds of Florida Pharmacy**, to dispense medications in convenient and safe multi-dose strip pouches.

Prescriptions must be sent from the physician by

E-Rx, Fax, Mail, or Called in to:

Direct Meds of Florida Pharmacy

Phone: 954-454-8118 or 888-598-6337

Fax: 954-454-9898

Address: 800 E. Hallandale Beach Blvd. #18

Hallandale Beach, FL 33009 NCPDP: 1053456

Our pouches are labeled:

BREAKFAST, LUNCH, DINNER, AND BEDTIME *Please specify when each medication should be given.

Prescription Medications

- Prescriptions must be written for 30 days with 1 refill to cover the entire summer.
- The date on the prescriptions must be at least 2 weeks before camp starts.
- Generics will be dispensed unless brands are requested as "DAW".
- We do not dispense compounded medications.

Controlled Substance Prescriptions

- Must be sent by either E-Rx or by mailing the original script(s) to us. E-Rx's are preferred.
- Florida only allows prescriptions for controlled substances for 30 days. If possible, please send 2 separate postdated prescriptions if child is at camp more than 30 days.

Over-the-Counter Medications and Supplements

- Generics will be dispensed unless brands are specifically requested.
- Gummy and dissolvable medications and supplements cannot be packaged in pouches, please substitute for chewable alternatives.