



2023 Pack My Rx (Prescription) Information Packet

- 1) Please read this entire packet if your child(ren) will need prescription medications or vitamins at camp this summer and **note what Pack My Rx will fill and the exceptions list on the second page.**
- 2) This is also required for children of staff members (unless they are in the Gan).
- 3) Please contact **Pack My Rx** directly for any questions about the registration process.
- 4) If you register with **Pack My Rx** and/or if your child will be taking medications or vitamins that do not require **Pack My Rx**, you must also complete our online Medication/Vitamin Review Form that will be activated in your CampMinder account in May.

Pack My Rx Registration Deadline: 30 days prior to your child's arrival at camp.
This deadline is very important as Pack My Rx cannot guarantee that medications for late registrants will arrive at camp in time. Please note late registration fees on page 4.

Pack My Rx Information Packet Contents:

Pages 2-3	Letter from Rabbi Ed Gelb, CEO, Ramah New England.
Page 4	Pack My Rx instructions for registering, fees, insurance, etc.
Page 5	Letter to physicians with instructions on how to send prescriptions and medication guidelines.



February 2023

In our ongoing commitment to ensure the safety of our campers who take any medications or vitamins while at camp and to comply with strict state regulations regarding medication dispensing for summer camps, we will continue working with **Pack My Rx** to pre-package and deliver all medication and vitamins for our campers. If your child takes any prescription medications, (OTC) over the counter medications, vitamins or supplements, we require that you use their service. (See exceptions list below.)

Our policy and procedure for dispensing and administering medicine requires camp families to have all of your child's medicine and vitamins in pill form that are taken on a regular basis (or as needed if it's an item we don't stock – please see the list of items we stock below) to be dispensed by **Pack My Rx** and sent to camp prior to their arrival.

As part of our COVID preparations for Kayitz 2023, our Medical Committee and Marp staff are asking for your support to help us streamline the medication distribution process as much as possible. We are expecting that our nursing staff will be working very hard this summer ensuring a safe and healthy season with all of our COVID preparations, so we are strongly asking our families for the following support:

- We would like to reduce the number of campers congregating as they wait for medication distribution. Please consider bundling your camper's medications to be dispensed into as FEW visits as possible to our medication distribution station.
- **Please remember that if your camper takes an over the counter (OTC) medication daily you must order this through Pack My Rx.**
- If your camper takes ONLY vitamins/ OTC meds, supplements that they can **do without** while at camp, please consider discontinuing their use this summer.
- If the timing of your camper's medication does not have to be specific, **please consider requesting the distribution of the medication at lunchtime** which is the least busy medication distribution.
- The latest time for bedtime medication distribution will be 8 to 8:30 pm on Tzad Aleph and 10 to 10:30 pm on Tzad Bet.
- **Please note: Campers may not arrive at camp or at the bus stop with medications or vitamins that should have been ordered through Pack My Rx.** Please see below for what is required to be filled by Pack My Rx. More than ever this summer we need your full cooperation with this policy. **It is imperative that all medications and vitamins that can be filled by Pack My Rx are processed by them in advance of your camper's arrival at camp and not brought to camp by families.**

Pack My Rx Must Fill:

- Prescription medication in pill form (daily and "as needed").
- Nonprescription items (OTC) such as allergy medication or MiraLax that are required daily.
- Vitamins (for specialty vitamins or supplements, please email **Pack My Rx** to confirm they can provide.)
- Liquid medications, drops, and all injections are required through **Pack My Rx**, other than insulin, which is optional.

Exceptions:

- 1) Accutane cannot be dispensed by **Pack My Rx**.
- 2) Insulin, Epi Pens, and Inhalers can be dispensed by **Pack My Rx** if you like but are not required.
- 3) Any medication or vitamin that **Pack My Rx** has confirmed they cannot provide.
- 4) Lactaid (see below).



Over the Counter Medications that Camp has in Stock: Our camp stocks most over the counter items such as Tylenol, Advil, Benadryl, Lactaid, etc. that your child may require occasionally for symptomatic relief. Check with us to confirm which OTC medications we stock. **If your child uses an OTC medication or vitamin regularly, you must utilize Pack My Rx.**

Lactaid is Provided by Camp: Please note that we will once again provide OTC Lactaid in the dining hall before meals. If your child requires Lactaid, please make sure to indicate this in their online Health History AND on the online Medication Review form (that will be activated in your account in April) so they are on the correct list to receive it.

Pack My Rx will package your child's medication(s) in strips of individual pouches labeled with your child's name, medication(s), date, and time of day to administer. This distribution method is endorsed by the American Camp Association, as it helps nurses be better organized and helps avoid potential errors.

It also allows your children to return to their camp activities sooner; administering medications that are pre-packaged and organized reduces their time spent in line waiting. In addition, it frees up our nurses' time to devote to your child's other healthcare needs.

Medication at camp is dispensed at wake-up, mealtimes, and bedtime. Medications will be dispensed at a different time of day **only** if it is medically necessary and a specific time is written on the prescription. You are responsible for checking that your child's prescriptions are written exactly how and when the medication is to be given. For example, if the medication is to be taken only as needed, the prescription must be written that way. If the medication is to be the "brand drug," the prescription must be written with the words "Brand Name Necessary" or the generic will be dispensed.

We want to be clear that we require 100% participation from families with campers who will need medication while at camp, including children of staff members. The only exception to this procedure is if **Pack My Rx** notifies us that they are unable to accept your insurance. If your camper does not take medication, you do not need to register with **Pack My Rx**.

The **Pack My Rx** registration fee is \$60 for campers attending up to 30 days of camp and \$70 for campers attending over 30 days. **Late registration fees will apply.**

If your camper will be taking medications or vitamins at camp this summer, please read the following information from **Pack My Rx** and visit their website, www.packmyrx.com, for additional information. Their **registration opens on February 1st** and should be completed on their website. **The deadline to register is 30 days before your camper arrives at Ramah.** It is extremely important that you register as soon as you are able. **Pack My Rx cannot guarantee that medications for late registrants will arrive at camp on time.**

Please note: If your camper arrives at Ramah with medications or vitamins in pill form and you have not registered with **Pack My Rx**, **we will charge your family a \$100 administration fee.**

If you have any questions about the **Pack My Rx** registration process, please contact them at 888-598-6337 or info@packmyrx.com. For other questions, please contact Rutie MacKenzie-Margulies at rutiemm@campramahne.org. We look forward to an amazing summer and are confident that this program continues to help us achieve our primary goal; *the health, well-being and safety of your child.*

Kol tuv,

Rabbi Ed Gelb
CEO, Ramah New England

Ed Pletman
Director of Finance & Operations
Ramah New England

Laura Berger RN
Nurse Director
Ramah New England



Pack My Rx Registration Instructions

Pack My Rx works with **Direct Meds of Florida** to dispense your child's medications in convenient multi-dose strip pouches, labeled with your child's name, medication, and instructions. This helps our nurses be better organized and helps avoid potential errors. It is very important that you do not send your child to camp with medications. This is a safety precaution that we have implemented, and your cooperation is greatly appreciated.

Registration:

- Registration opens on February 1st; it is important to register as early as possible to guarantee the timely arrival of medications to camp and to avoid any late fees. Please visit www.packmyrx.com
- 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.
- Please fill out everything carefully; after registration is completed any modifications will have to be sent in via email and changed by us.

Prescriptions and Insurance:

- It is the parent's responsibility to send prescriptions to **Direct Meds of Florida** as early as possible and no later than one month before camp starts to avoid late fees.
- **Direct Meds of Florida** will fill a 30-day supply for all prescriptions and send to camp prior to your child's arrival. 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 medication not covered by insurance and co-pays.

Registration Fees:

- **\$60** per child, for a 30-day supply
- **\$70** per child, for a 60-day supply

This does not include the cost of any 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 for controlled substances**
- **Copy of insurance card if applicable**

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 15 days before camp starts, this covers 2-day UPS shipping.

Please plan ahead and schedule physician appointments at least 1-2 months before camp starts. Last minute medication changes might be difficult for us to accommodate. **Late fees will also be charged if there are any medication changes within the 30/15 days, or if your child requires a new medication while at camp. No exceptions will be made.**

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**



Physician’s Letter

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.
- Generics will be dispensed unless brands are requested as “DAW”.
- We do not dispense compounded medications.
- We do not dispense Accutane for girls.

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. 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 cannot be packaged in pouches, please substitute for chewable alternatives.