



2024 Pack My Rx (Prescription) Information Packet

- 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.**
- This is also required for children of staff members (unless they are in the Gan).
- Please contact **Pack My Rx** directly for any questions about the registration process.
- If your child will be taking any scheduled medications or vitamins at camp, 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 for Physicians.



February 2024

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 to work with **Pack My Rx** to pre-package and deliver all medication and vitamins for our campers. If your child takes any prescription medications, over the counter (OTC) medications, vitamins or supplements, we require that you use their service. (See exceptions list below.)

Our policy and procedure for dispensing and administering medication requires camp families to have all camper medication and vitamins that are taken on a regular basis to be dispensed by **Pack My Rx** and sent to camp prior to campers' arrival.

As part of our preparations for *Kayitz 2024*, our Medical Committee and Marp staff are asking for your support to help us streamline the medication distribution process. Our nursing staff works hard to take care of each camper's needs, and to ensure a healthy camp season by delivering medications safely and efficiently. Please support our efforts by keeping the following in mind:

- 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 (see exceptions below).**
- If your camper takes ONLY vitamins/ OTC medications or 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 request 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. Families will incur a \$100 administration fee if campers arrive with medications that should have been registered through PackMyRx.**

Pack My Rx Must Fill:

- Prescription medication in pill form (daily and "as needed").
- 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).

For Campers' daily/as needed use

Our Health Center stocks many OTC medications for camper and staff use. Medications such as Tylenol and Ibuprofen will be given for the occasional headache, etc. This summer the Health Center will also stock some commonly used OTC meds for campers' use on a regularly scheduled basis. These medications will include:

- Benadryl liquid and 25mg pills
- Zyrtec 10mg pills
- Claritin 10mg pills
- Xyzal 5mg pills
- Melatonin 1mg and 3mg gummies
- Allegra 180mg pills
- Lactaid
- Miralax powder
- Tums

If your camper uses one of these OTC meds, and no other prescription meds, you do not need to register with Pack MY Rx. If your child uses one of these but at a different dosage you must go through 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 May) 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 \$75 per camper, and there will be a \$100 medication deposit as well. Please read the instructions on page 4 for more information. **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 registrar@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 and its pharmacy partner, Aurora Long Term Care, will 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 so that Pack My Rx/Aurora Long Term Care can guarantee the timely arrival of medications to camp and avoid any late fees and/or expedited shipping fees.
- Please complete your registration at www.packmyrx.com.
 - Returning Pack My Rx users: [login here](#).
 - New Pack My Rx users: create [your account here](#).
- Prescriptions must be sent at least one month before camp starts directly to Aurora Long Term Care by your physician.

Fees:

- Registration: \$75 per child.
 - This does not include the cost of any medication.
- Medication Deposit: \$100 per child.
 - The deposit covers copays, meds not covered by insurance, and OTC medication not stocked at camp.
 - If your child's medication costs less than \$100, the unused balance will be refunded to you in September.
 - If your child's medication costs exceed \$100, the pharmacy will charge the overage to the credit card on file.

30 days before camp starts, Pack My Rx must have:

- A completed registration.
- All prescriptions for 30 days plus a refill or additional scripts for controlled substances.
- Copy of insurance card, if applicable.

Late Fees:

- **\$85** if registrations are not completed and all prescriptions and insurance information are not received **at least 30 days before camp start date**.
- This fee will also be charged if your child has any medication changes that require a special shipment in the middle of a camp session.

Insurance:

- Most commercial prescription insurance plans are accepted.
- Aurora Long Term Care will bill insurance shortly before camp starts, or during camp if necessary.
- Parents are responsible for all out-of-pocket expenses.

Medication Requirements:

- Mandatory
 - Prescription medications
 - OTC medications used on a regular schedule (see exceptions on page 3)
 - Vitamins
 - Please note: gummies are not accepted; please sign up for a comparable chewable supplement
- Exceptions
 - EpiPens and inhalers (recommended, not required)
 - OTC medications provided by camp (see list on page 3)
 - Accutane
 - Lactaid
 - Medication that Pack My Rx confirms they cannot provide
 - Growth hormone
 - Birth control



Instructions for Physicians

Dear Physicians,

Your patient is getting ready to go to summer camp. In an effort to streamline medication administration, and lessen medication errors, the camps have teamed up with Pack My Rx to package all medications in convenient strip pouches. Pack My Rx works with Aurora Long Term Care Pharmacy.

Here is all the information you will need to send their prescriptions to us and some general guidelines.

AURORA LONG TERM CARE PHARMACY

25344 RED ARROW HWY
MATTAWAN, MI 49071

833-697-0008 - PHONE
888-498-1343 - FAX

NPI: 1699340539
NCPDP: 2389662
DEA: FA0621258

General Guidelines

Controlled Substance Prescriptions:

- Must be sent by either electronic script or by mailing the original script to us.
- Each script must be written for #30

Non-Controlled Prescriptions:

- Each script for #30 with refills to last for the camp season
- All prescriptions should be clear for what **time of day** the medicine should be administered.
- We can package ½ pills if necessary.
- Generics will be dispensed unless brands are specifically requested by physician. If you write "brand name necessary" we will try to bill the insurance for the brand. If the insurance does not cover it, it will be up to the parents to decide if they wish to pay for it.
- Epi-Pens, inhalers, creams and eye-drops will not be packaged in pouches but can be shipped to camp.
- We cannot dispense ANY Growth Hormone, Accutane or Birth Control.