



East

Medical and Insurance Information

Insurance

Achva does NOT provide medical insurance for Achva East participants or staff. Participants should be covered by either family or individual insurance. A copy of your insurance card (front and back) along with completed medical and personal health forms must be sent to the Achva office before the tour starts. If covered, we will work with you and the health provider to try and put all medical expenses through on your insurance. This includes all physicians' visits, lab tests, or any medical expenses incurred during the program. However all medical expenses not covered by your insurance must be paid for by parents/guardians. Under no circumstances, is Achva able to pay for the cost of your medical care.

Required Medical Forms

All required medical forms must be fully completed by parents and the participant's physician in advance of the program. The Achva office must be informed of any special medical problems or conditions so that we may make the appropriate accommodations. The Achva East staff will review all medical information whenever appropriate. Failure to notify us of a serious medical condition could result in non-acceptance or, once the program starts, expulsion from the program with no refund.

Prescribed Medications

Do not plan on purchasing medication during the trip if you can avoid it. Take along a full supply of each of the prescribed medications you will be taking during the time that you will be away from home. Medication should be in its original package, with the prescription label intact. The (chemical) name of the medication should also be displayed. If possible, please bring one extra prescription for each of the medications, in case you need to replace your medication. An Achva staff person can hold your medication for you; special arrangements can also be made if the medication requires refrigeration.

Allergy Information

Each year, we look at the needs of the particular people with allergies joining us and develop a policy for that tour. If no one is allergic, we may serve nuts, or other allergens. This is not common. In more normal years, we will take all steps necessary to reasonably accommodate allergies as best we can.

An Achva tour is not, nor claims to be, a 100 percent nut-free environment. When required, we will refrain from serving any nut product in our catered meals or provided as snacks. However, participants may purchase nut products for their own private consumption, for example, at an amusement park, and eat that product privately and away from anyone allergic. Participants may be asked never to bring nuts or other allergens, on the bus or into our dining room at the hotel. When eating at restaurants, allergic participants should double check with the owner/manager to make sure any food ordered is safe for them.

If you have a severe allergy to nuts, gluten, sesame, dairy, or other food, please contact us early to review how we would handle that situation. We will send out the specific allergy policy for the coming summer before departure so everyone knows what to expect.