



Dear Friends,

Throughout the COVID-19 pandemic, there has been an ongoing process of developing policies and procedures to ensure the health, safety, and well-being of campers, their families, and staff during the 2021 camping season. In that vein, we at **Grapefruit** have been working with the team at **4-H Camp Shankitunk** to meet and exceed the highest standards in the camping industry for COVID mitigation and testing.

### **Who are we?**

We're a group of physicians, researchers, and scientists who work with camps to keep them safe. Our team members have overseen more than 1,000,000 COVID tests since the beginning of the pandemic, and we are fortunate to leverage our network of laboratories, first responders, and public health experts to bring those same tests directly to you—with no out-of-pocket cost.

### **How does this work?**

After signing up through our online portal and receiving a test kit in the mail, you'll schedule a brief telemedicine visit with one of our **board-certified doctors**. We'll walk you through everything and get your test kit and sample processed in time for camp arrival.. Results are sent by email and text message, usually within 24 hours.

### **What's next?**

In the coming days, keep an eye out for an email from **Grapefruit** to sign up for and schedule your pre-arrival testing. A pre-arrival PCR test is *required* to attend camp this year. To make this as *sweet & simple* as possible for you, we'll mail the test kit directly to the address you have on file with **4-H Camps** and that is shared with us. Continue to practice good COVID-19 mitigation measures—including wearing a face covering in public, maintaining social distancing whenever possible, washing your hands thoroughly throughout the day, and getting immunized with the COVID-19 vaccine as soon as possible.

### **Is that it?**

That's it. We at **Grapefruit** believe COVID testing should be simple, and we'll make sure the process is as seamless as possible. If you have any questions or concerns, don't hesitate to visit us at [www.GrapefruitTesting.com](http://www.GrapefruitTesting.com), email us at [info@grapefruithealth.net](mailto:info@grapefruithealth.net), or call us directly at 646-653-2262.



## Frequently Asked Questions:

### **Can you run me through the whole process?**

Sure. We're going to mail you a COVID-19 test kit while you book an appointment with us here: <https://nextpatient.co/p/grapefruit-health/schedule> (don't worry, we'll email you directly to book, too). **You will book your appointment for three days before camp.**

Three days before camp, you'll meet us in our virtual waiting room here: <https://Grapefruit.doxy.me/grapefruit>. We'll walk you through performing the test, which you'll then place in the provided pre-paid packaging to ship back to us overnight. All you'll need to do is drop it in the closest mailbox.

### **What type of test is being performed?**

Our laboratory performs a test called reverse transcription polymerase chain reaction (RT-PCR). You may also hear this type of test being referred to as a "molecular" or "viral" test. This type of test is considered the "gold standard" for the diagnosis of COVID-19.

### **Is this the long and painful nasal swab?**

Nope, no brain swab here. Our samples are painless lower nasal swabs--just inside the nostril, no deeper than picking a booger! There are a number of studies that show these easy, self-administered tests are the best option for screening testing.

### **How do you keep my information safe?**

We keep all patient information in our secure electronic health record, and perform our visits through completely secure, encrypted, HIPAA-compliant technology.

### **Will I be charged for this?**

Since the passage of the Families First Coronavirus Response Act (FFCRA), most people should not face costs for the COVID-19 test or associated costs. Lasting for the duration of the public health emergency, all forms of public and private insurance must now cover FDA-approved COVID-19 tests and costs associated with diagnostic testing with no cost-sharing, as long as the test is deemed medically appropriate by an attending health care provider (that's us!). For individuals without insurance, the federal government steps in to cover the cost. *You'll never receive a bill from Grapefruit.*

### **What do I need for my telehealth appointment?**

Any smartphone, tablet, or computer that can browse the internet will connect to our secure telehealth waiting room--no app needed. You'll need a webcam (or camera phone) and your COVID-19 test kit, which we'll mail to your home about a week before camp. Don't complete the swab before your telehealth appointment.

### **I haven't received my COVID-19 test kit yet, and camp is 7 days away. What should I do?**

Email us immediately at [info@grapefruithealth.net](mailto:info@grapefruithealth.net) or call 646-653-2262.