



**CAMP LINCOLN
CAMP LAKE HUBERT**

Hello Camp Families,

We hope your preparations for camp are going well headed into this holiday weekend. Staff have begun to arrive at camp, and are working hard, preparing to have campers join us in three short weeks. We wanted to take an opportunity to give a quick update on COVID protocols for camp this summer.

- **For the test that we are requiring of all campers within 72 hours of arrival to camp, we are now allowing PCR or antigen tests.** If you choose an antigen test for your camper, we are requiring that test is a proctored test, which means one that is given either by a medical professional or at a commercial pharmacy. We are partnering with HeedHealth, which will allow you the option of having a proctored home antigen test. You also have the option of ordering the two home tests we need for camp from HeedHealth, and they will deliver the tests directly to camp. Please see the attached letter for more information. Please bear in mind that HeedHealth is just another option for you to use, it is by no means a requirement to use this vendor.
- A camper who is fully vaccinated, and boosted, will still need to take, and produce a negative COVID test within 72 hours of arrival. After you have received the negative test results, please upload the results to your CampInTouch account. If the timing of the test results do not allow for you to complete the upload, you can bring a copy of the results with you to check-in.
- We are still recommending, not requiring, masking in most cases. The only time that masking will be required, for campers, is if a camper tests positive for COVID, they will need to mask for five days after they have completed their isolation. At the completion of those five days, masking will once again become recommended for that camper. This is a recommendation from the Minnesota Department of Health.

We are very excited for all of the campers to join us, very soon. If you have any questions or comments, please do not hesitate to reach out to any of us at Camp Lincoln and Camp Lake Hubert. Have a wonderful day.

All the best,
Michael Johnson
Executive Director of Operations



Dear **Camp Lincoln & Camp Lake Hubert** Community,

Heed Health & Sovereign Laboratory are excited to offer our COVID-19 testing services to your camp!

As the preferred testing vendor for **Camp Lincoln & Camp Lake Hubert** we are the most reliable and stress-free option for obtaining your child's required camp COVID testing. Benefits of testing through us:

- Concierge-level support at preferred partner rates
- Coordination of all test supplies and instructions directly to your home
- We help you test correctly and in accordance with camp's testing policy
- We share results directly with camp so you don't have to

Please review this sheet for important information on our testing services:

- All pre-arrival COVID testing will be shipped directly to camper's homes
- All "bring-to-camp" Rapid Antigen orders will be mailed directly to Camp
- Heed's PCR service is not available for sessions beginning on Tuesdays
- **Please only register via the link listed for your child's session below**

Camp Sessions & Dates	Order Deadline	Registration Link
W1: Tuesday, June 14 - Monday, July 11 2W1: Tuesday, June 14 - Monday, June 27	June 3	REGISTER HERE
2W2: Tuesday, June 28 - Monday, July 11	June 17	REGISTER HERE
4W2: Thursday, July 14 - Wednesday, August 10 2W3: Thursday, July 14 - Wednesday, July 27	June 24	REGISTER HERE
2W4: Thursday, July 28 - Wednesday, August 1	July 8	REGISTER HERE

If you have any questions regarding your order please contact the Heed Team by emailing clientsupport@heedhealthcare.com.

We look forward to serving the **Camp Lincoln** community!

Heed Health & Sovereign Laboratory Services



Important Information & Instructions Pre-Arrival COVID-19 PCR Test



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Please Review!

When you'll receive your test kit:

Your test kit will arrive the week after the order deadline closes for your child's session

When to test:

Please reference this table for the specific dates applicable to your session

Important Testing Deadlines by Session Start Date			
Session Start	Order Deadline	Receive Kit By	Test Date
Thursday, July 14	Friday, June 24	Friday, July 1	Monday, July 11
Thursday, July 28	Friday, July 8	Friday, July 15	Monday July 25

How to Test:

On your child's designated test date (found above), you will follow the easy self-collection guide included in the test kit to collect your child's sample.

IMPORTANT: Please make sure the specimen tube is sealed tightly after the collection to avoid leaks!

How to Ship it Back:

Package up your child's sample using the shipping materials included in your kit and be sure to drop off the test to the nearest FedEx location **before** their last scheduled pickup of the day. Schedules vary by location, please refer to your local store's schedule.

How to Get Results:

You will receive an email notification from our lab partner, Sovereign Labs, after the registration deadline has closed. This will prompt you to create your patient portal. When your results are ready, they will be emailed directly to you. Camp will also have access to all results.

How to Get Help:

Purchase & Registration Support: Contact Heed's Support Team: ClientSupport@heedhealthcare.com

Testing & Results Support: Contact Sovereign Support Team: SLS@sovms.com or (201) 933-3028.

Important Information & Instructions for Proctored Rapid Antigen Test



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When to Test:

Your at-home rapid antigen test **must be proctored**. Use the link below for your child's session start date to schedule your proctor appointment.

USE LINK BELOW TO REGISTER FOR REQUIRED TEST-PROCTORING!			
Session Start	Order Deadline	Proctor Test Dates & Times	Scheduling Link
Tuesday June 14th	Friday June 3	June 13 9am-11 am; 5pm-7 pm	Schedule Here
Tuesday June 28th	Friday June 17	June 27 9am-11 am; 5pm-7 pm	Schedule Here
Thursday July 14	Friday June 24	July 13 9am-11 am; 5pm-7 pm	Schedule Here
Thursday July 28	Friday July 8	July 27 9am-11 am; 5pm-7 pm	Schedule Here

When you'll receive your test kit:

Your test kit will be delivered to the shipping address you provided no more than 1 week after the order deadline closes for your child's session.

How to Test: On your child's designated test date:

1. Please wash or sanitize your hands
2. Have the kit ready prior to the scheduled meeting.
 - a. **DO NOT OPEN UNTIL INSTRUCTED TO DO SO.**
3. Have ID ready for verification
4. Log in to your virtual proctor session via appointly link sent to your email

How to Get Results:

You will receive an email from Simple Report when your results are ready.

How to Get Help:

For help with your purchase, registration, proctor scheduling, or results please Contact Heed's Support Team at ClientSupport@heedhealthcare.com

clientsupport@heedhealthcare.com

