



Preparing for Your Medical Process

Congratulations! You are going on Trek and will soon be having the experience of a lifetime! Before you leave, there are a few simple steps we need you to take in order to prepare for and stay healthy on your Trek. This document will help guide you in getting your immunizations, assist you in making your medical appointment and will provide you with some valuable resources.

Completing the buildOn Online Enrollment Form (medical history)

The buildOn Online Enrollment Form is a critical piece in your preparation process and completing it is mandatory for participating on your Trek. The Online Enrollment Form allows buildOn to gather medical history and travel documentation as well as your emergency contacts. Online Enrollment Forms are typically filled out as soon as your Trek Specialist shares the link with you via email, which is before your first of two Trek calls. All online enrollment forms are due no later than 48 hours after your Trek Information Session. If you have any questions or concerns with your enrollment form please reach out to your Trek Specialist for assistance.

Medical Requirements and Expectations

In order to travel on Trek, all buildOn participants must also complete a buildOn Medical Form and send it electronically to their Trek Specialist. After you have enrolled for your Trek, you will receive an email with the Medical Form as well as your own individual upload link, which you will use to upload the completed form. The Medical form must be turned in by the due date given to you by your Trek Specialist. Turning in forms on time ensures buildOn can properly prepare you and the team in a timely manner.

Steps to Completing the buildOn Medical Form

1. **Make an appointment with a doctor:** It is important to make an appointment with your family doctor as soon as possible, as it may take a week or two to get an appointment. Also, many vaccines are administered in a series of shots given over a period of days or weeks. Your primary healthcare provider may be able to take care of all your travel health needs, including immunizations and malaria prophylaxis. If they are not able to do so, you will need to make an appointment with a travel doctor. Please note that some travel immunizations can **only** be administered by a travel doctor: Yellow Fever is one of

them. If you have questions about what immunizations you should get, refer to the CDC website at www.cdc.gov or refer to your buildOn Trek guide.

What should I bring to the appointment with my doctor?

- Your buildOn Medical Form (if you cannot locate this, please contact your Trek Specialist for a copy).
- Your Trek Guide and any other information you feel is necessary to share about your Trek country.
- Your ID (driver's license, passport, or state ID), insurance cards, and any other important medical information you wish to share.
- Your immunization records.
- Your detailed itinerary, including travel dates, planned activities, and region where you are traveling to. If you don't know this, your Trek Specialist will provide it to you during your Trek Information Session. Please note that we will not have the exact community location until one or two weeks prior to departure, but we can provide you with the general region.

Important Tips

- Make sure the doctor fills out the entire medical form and signs the bottom of the second page.
 - If you have questions, do not be afraid to ask your doctor or your buildOn Trek Specialist.
 - If you are getting a prescription for malaria medication or an antibiotic for traveler's diarrhea, don't forget to have it filled! Also, make sure it is written on your buildOn medical form along with any other prescriptions.
2. **Obtain Necessary Travel Immunizations:** Immunizations are an important part of your appointment. This is because many common travel-related illnesses are vaccine preventable. Depending on where you're going and which vaccinations you've had in the past, you may get one, two, or several vaccinations during the same appointment. buildOn does not require you to get immunized to travel, but it is highly recommended. The majority of travel clinics are licensed to offer the Yellow Fever vaccine, which comes with a proof of vaccination certificate or yellow card. Yellow Fever is only required for Senegal and Malawi if you are traveling from a yellow fever epidemic country. You can check the CDC website for a list of those countries. Please note that there have been shortages of Yellow Fever vaccine, which is expected to continue through 2019. Common travel vaccines include Typhoid, Rabies, and Hepatitis A and B.

3. **Obtaining Malaria Prophylaxis:** There is currently no commercially available vaccine against Malaria, but there are antimalarial medications that can be used, in conjunction with mosquito nets (provided by buildOn) and mosquito repellents (DEET) to significantly reduce your risk of infection. Anti-malaria medications can have side effects, but there are several options available. Please refer to your Trek Guide for more information. Your health provider can recommend the best option for you based on your health status and your destination. Please note: buildOn HIGHLY recommends you DO NOT take Mefloquine/Larium for your Malaria Prophylaxis due to the serious side effects. If your doctor wants to prescribe Mefloquine/Larium for you, please discuss this with them before leaving the office. buildOn does not require that you take malaria prophylaxis to travel but it is highly recommended.

4. **Turn in completed Medical Forms to buildOn:** Please upload your medical forms using your individual upload link. If you cannot find them please ask your Trek Specialist and they will provide them to you.

FAQs

Are buildOn Medical Forms available in French or Spanish? At this time we only have medical forms in English. If this is a problem for you, please contact your Trek Specialist and we will support you as needed.

What if I can't make the due date? Due dates are set to ensure that our team in country have adequate time to review forms and prepare for your arrival. If you are having difficulty meeting your paperwork deadline, please contact your Trek Specialist so that they are informed.

Can I turn in other medical forms in place of the buildOn Medical Form? No. While you may turn in additional forms to support your medical records, they cannot take the place of the required buildOn Medical Form. It is buildOn's policy that to participate in a Trek you must be enrolled in your Trek and have all required forms (including medical forms) turned in prior to your Trek.

Can I turn in one form for my whole family? No, all buildOn participants (including children) must complete their own enrollment form and individual Medical Form.