



For the health and safety of everyone in the YMCA of the Pines Camp community, we are partnering with Diligent Urgent Care to offer COVID testing this summer.

We will be testing all campers and staff before arrival at camp using **at home PCR COVID tests and rapid antigen COVID tests upon arrival**. A telemedicine appointment in advance is encouraged in order to keep the process as streamlined as possible. Schedule your appointment starting **TODAY!**

The process is simple and is outlined below. We appreciate your cooperation in keeping our camp community as safe as possible. As a reminder, this goes through insurance and there are no copays being charged for this service.

1. Call Diligent Urgent Care to schedule a telemedicine appointment at 201-834-8887 or [CLICK HERE](#)

- **PLEASE IDENTIFY YOURSELF AS A YMCA OF THE PINES CAMPER OR STAFF.**
- You will be asked for your insurance information.
- You will be asked to pick a time to meet with a Physician Assistant **VIRTUALLY**.
- Telemedicine is open and ready for you today. Appointment are encouraged to be completed **BEFORE** you arrive at camp.

Camper Arrival Day	Last Day for At-Home Telemedicine Visit	Swab and Mail PCR Test By:
June 27	June 14	June 21
July 4	June 21	June 28
July 11	June 28	July 5
July 25	July 12	July 19
August 8	July 26	August 2
August 15	August 2	August 9
August 22	August 9	August 16

2. You will receive an email and/or a text on the day of your appointment with a link to connect virtually with the Physician Assistant at your scheduled telemedicine appointment time.

3. At your scheduled telemedicine appointment, you will be asked a few questions about your possible COVID exposure.

- **PLEASE IDENTIFY YOURSELF AS A YMCA OF THE PINES CAMPER OR STAFF.**
- Parent or guardian must be present for anyone under the age of 18.
- Expect appointment to be approximately 5 minutes.
- Inform Physician Assistant that you are **encouraged to have an at-home PCR AND a rapid antigen test upon arrival** at camp.
- Confirm mailing address for at-home PCR test.
- Physician Assistant will input an order for your at-home PCR test and Rapid Antigen test to be administered by a Medical Assistant on the first day of camp.

4. At-home PCR

- An at-home PCR test will be shipped to you following your telemedicine appointment. Please call 201-834-8887 if the PCR test is not received within 10 days of your camp arrival day.
- **To avoid delays at check-in**, you are encouraged to schedule your telemedicine appointment no later than the date listed below.
- Swab and send your specimen back to the lab in the prepaid envelope on the specified date below.
- Results will be emailed to you and provided to **YMCA of the Pines**.

5. Day of Arrival Testing:

- Arrive at camp at the time designated by YMCA of the Pines.
- Check in at the COVID testing desk.
- Confirm your name.
- Medical assistant will perform the rapid antigen test by doing a nasal swab.
- Results will be available within 15 minutes.