

Team Meeting

24 OCTOBER 2022 / 6:00 PM / SKILLS LAB @ SDSU

Notes/ Updates

- **President:** Alex Wigdale
 - Travel fee invoices → Dan has sent all of you guys emails for these get these paid **ASAP**
 - If you didn't receive this email let one of us know after the meeting
 - How to pay: instructions in invoice!

STEPS TO PAY TRAVEL FEE INVOICES:

Travel fee invoices - paying through bank \$ transfer: instructions

1. Log into person bank account online or app (found this best to work through an app if this is possible)
2. Select "pay bills" tab (most banks should offer some variation of this - please reach out if yours looks different so that we can assist you further)
3. Select "add" for who to pay → enter the account number provided on your individual invoice
 - a. If a name is required with this step provide "Metropolitan Commercial Bank"
4. Enter zip code (if prompted) → 10016
5. Enter address (if prompted) → 99 Park Ave New York, NY 10016
6. Enter in invoice amount per your invoice (\$1,077.00 / person) & complete this payment
7. In payment memo include "HEAL Travel Fees"
8. Retain your receipt for personal records → payment will take about one week to process to their bank

- Dr. Andrade presentation today!
- Flights!!
 - **Flights:** one checked and one carry on bag → each member is responsible for 6lbs of supplies
 - Update flight & personal info forms:
 - [Personal travel Information](#)
 - [Flight Itinerary](#)
 - Complete the [travel registration](#) process through Aztecs Abroad
 - Follow this link and complete all the required documents (signatures) and questionnaires
 - You will also receive instructions to purchase the required *On Call International Insurance* (which provides medical and emergency response assistance while you're abroad)
 - When including itinerary details:
 - Location: Chiang Mai, Thailand (Asia)

- Start Date: 01/03/2023
- Departure Date (back to the states): 01/14/2023
- Fly OUT of any airport you want
- Fly INTO Chiang Mai International Airport in North Thailand by January 3rd
- Flight and travel insurance highly recommended
- Pick up service is available from the Thailand airport from 6am-10pm (however a morning or afternoon arrival time is encouraged so that no one misses out on the first evening dinner)
- Fly home on January 14th
- If you wish to travel beforehand, simply plan to meet the rest of HEAL at the airport to meet the shuttle service
- If you wish to coordinate flights- input your basic flight info on [this](#) spreadsheet
- [RAAS Form](#)
 - *Utilize PDF for complete guide for aztec abroad travel registration & RAAR google form (will provide in meeting minutes)

STEPS TO PURCHASE TRAVEL INSURANCE THROUGH THE SCHOOL

Price rate: \$14.78/week (charged \$29.56) → Coverage provided (travel dates Jan 3rd-14th)

Steps:

- Aztec abroad portal → winter break application → select the “completed requirements” tab → pre decision requirements tab → click view (eye ikon) for “SDSU Foreign Travel Insurance” document → follow this [Travel Insurance Link](#) to purchase travel insurance through the school to provide coverage for the trip
- **Save the PDF** that they provide which details the extent of the coverage, their contact information for the trip, as well as your member ID card.
- **Save your enrollment verification for your own personal records**

Private Foreign Travel Insurance for separate personal travel prior to our trip travel agency options:

- Highly recommended !!!
- Tip: Look up to see if your own personal medical insurance provides foreign travel insurance (ex: United HealthCare Insurance also separately offers foreign travel insurance).
- Previously used agencies include:
- Email the HEAL email a copy of your school insurance (PDF mentioned above) and a copy of your personal insurance

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- Fill out [this](#) form for Room Placements!
- **Nov 7th meeting: starts @5 pm** - 1 hr of skills practice & Dennis secondary presentation @6
- **Vaccines:**
 - **Hep A** (dose 1 of 2 before the trip)
 - Where: SDSU Health Services (\$78), Scripps Travel Clinic, other travel clinics
 - *good for 20 years
 - **Typhoid**

- Where: Scripps Travel Clinic, other travel clinics
 - *booster dose recommended every 2 years
 - **Latest Covid booster**
 - Offered at SDSU Health Services
- **Vice President: Natalie Gaharan**
 - Nursing Students: International experience requirement waiver form
 - Fill out this [form](#)
 - [Approved alternative courses](#)
 - Fulfill your cultural diversity and explorations C requirements (as found in your degree audit in Webportal)
 - Mark your calendars:
 - On Oct 24th and Nov 7th our meetings will begin @6pm!
 - Dennis speaking @October 24th @ 6pm-7pm
 - Dennis speaking @October November 7th @6pm-7pm
- **Secretary & Treasurer: Carli Denholm**
 - Check the cord points form regularly for any discrepancies and let me know if you see anything that does not look right!
 - [Attendance & Cord Points](#)
 - 3 Forms to fill out!
 - [Flight information form](#)
 - [Personal Travel Information](#) Form
- **Medical Supplies: Ashli Ginquitti**
 - Gphi donation opportunity for medical supplies
 - If anyone has any connections related to this or medical supplies please text me - ex: clubs/organizations and needed volunteer hours or ask hospitals
 - Vaccination UPDATE:
 - Nothing is required for Thailand
 - Highly recommended: make sure tetanus is up to date and Hep A (1 dose)
 - Extra items to pack: Zofran, Luggage tags, Anti-diarrheal, Benadryl, Bug spray, Toilet paper, any other OTC meds you may need
 - REMINDER: each member is responsible for bringing 6 lbs of medical supplies in their checked bag
 - Traveling members please fill out this [form](#) for BP cuff and stethoscopes

- **One cord point** for a set of 3 items donated (see photo below)

Please bring in these items if you can!

**Must be UNOPENED
and NOT EXPIRED
by Jan 2024**

Medications:

Dulcolax/ stool softener
Fiber supplements
Naproxen sodium
Opcon A/ visine original
Benadryl
Children's Claritin
Children's Pepto Bismol
Antifungal cream
Azo cream
Calamine lotion
Hydrocortisone cream 1%
Muscle rub creams
A&D Ointment
Antidiarrheals
Antacid tabs
Tylenol/motrin
Neosporin

Supplies:

Floss
Toothbrushes
Hand Sanitizer
Mouthwash
Cotton balls
Band Aids
Ziploc bags
Trash bags
Sharpies
Pipe Cleaners
Balloons
Ace Wraps
Laxatives
Muscle rubs
Visine
Combs
Condoms
Pregnancy Tests
Feminie Care

-One cord
point for 3
donations



- Co-Fundraising: Charlotte Hong & Jun Sung
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- Marketing: Jessie Jung
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- Culture & Activities/ Health & Education: Lizzy Thurber
 - Skills practice Nov 7th (next meeting!)
 - Time: 5pm
 - Skills to practice: TBA (will email completed list prior to meeting)
 - **Mandatory to attend skills meetings !!**
 - ****if you miss a skills meeting, you will have to check in with me at a separate open skills lab time & get checked off for these skills!**