



Puerto Rico Mini Mission

November 3, 2024 — November 6, 2024

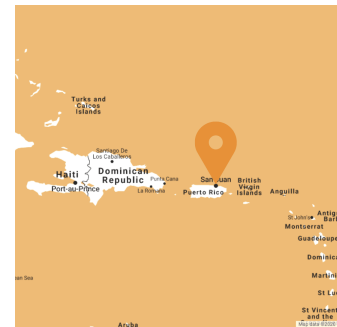
Starting at: \$1,500

OVERVIEW

The Need

As a U.S. territory, Puerto Rico's citizens are guaranteed certain health benefits under the Affordable Care Act, together with the Health Insurance Code. These benefits are outpatient and medical-surgical services; hospitalization; emergency services; maternity and neonatal care; mental health services; diagnostic tests; pediatric services, including vision and dental; medicines; habilitation and rehabilitation; and preventive and wellness services. According to the World Health Organization, areas to be addressed through technical cooperation include chronic diseases, health promotion, nursing, bioethics, healthy aging, communicable diseases, environmental health, information management, disaster management, and humanitarian assistance.

Though many health regulations and goals are in place, there are still several communities that would greatly benefit from your skills and expertise. The World



Health Organization and the Pan American Health Organization reported that in 2012, 45.4% of the women participating in a reproductive health survey stated that they did not use contraceptives. In 2014, although 83.4% of pregnant women began prenatal care in the first trimester and 35.7% experienced adequate weight gain, 47.2% of them had cesarean deliveries. However, maternal deaths have declined from six in 2010 to three in 2014.

Other health issues you may see include depression, alcoholism, drug abuse, circulatory system diseases, malignant tumors, heart disease, diabetes, Dengue, which is endemic in Puerto Rico, Zika, influenza, vision problems, and hypertension. In addition to medicine, the main focus of this mission is education. You and the rest of your team will educate community members on how to stay healthy in regards to their area's main issues and health concerns.

Our Work

International Medical Relief began working with Puerto Rico in 2017 and has since served nearly 4,000 patients with more than 250 staff and volunteers. In 2017, IMR provided medical relief in Puerto Rico, but quickly expanded our efforts to provide disaster relief in response to hurricane Irma in 2018. Also, in January of 2020, Puerto Rico and other islands in the Caribbean were struck by a magnitude 6.4 earthquake and several aftershocks. In the wake of the earthquake, families and children are surviving amid massive complications that have stricken the health care structure of the communities. IMR initially responded to the disaster in February 2020, sending several teams to provide relief to those affected. To continue achieving IMR's goal of providing sustainable healthcare services, IMR continues to provide the community with health training, medical treatments, medical supplies and equipment, and clinic operations.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3 and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

This Mission

The island of Puerto Rico is an archipelago in the Greater Antilles, located in the northeastern Caribbean Sea. The US territory is organized into eight senatorial districts and 78 municipalities. A commonwealth of the United States, Puerto Rico



has a total land area of 9,105 square kilometers. The estimated population in 2015 was 3,474,182, a 6.6% decline from 2010. In 1990, the population pyramid had an expansive structure, but it has since become regressive with population aging (14.6% of the population was over 65 in 2015). In addition, the population's age structure has also been affected by lower fertility and premature mortality, as well as emigration. Life expectancy at birth in 2013 was 79.5 years (75.8 in men and 83.1 in women).

In January of 2020, Puerto Rico and other islands in the Caribbean were struck by a magnitude 6.4 earthquake and several aftershocks. Hitting the southern region of Puerto Rico the hardest, the earthquake knocked out power in over two-thirds of the island. The earthquake largely affected Puerto Rico, plummeting buildings, uprooting trees, destroying houses, and neighborhoods. In the wake of the earthquake, families and children are surviving amid massive complications that have stricken the health care structure of the communities. IMR initially responded to the disaster in February 2020, sending several teams to provide relief to those affected.

In IMR's continued effort to provide medical education and relief to those underserved, we have been invited to return to Puerto Rico. Your help is needed!

Lodging/Transportation

Throughout your time in Puerto Rico, you will stay in accommodations that will be centrally located in San Juan. On this IMR Clinical Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, and affordable. While here, you will have easy access to many cafes and restaurants where you can sample the local cuisine.

To help make your trip worry-free, IMR will arrange daily transportation to and from your clinic location.

Highlights

The gratitude that you receive while working here will be life-changing and may inspire you to continue humanitarian work once you return home. Outside of clinic, your trip highlights will include the exciting ways you decide to spend your free day, the island's culinary delights, and the serenity of palm trees.



ITINERARY

This itinerary is subject to change without notice.

Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.

If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact flights@worldwidenavigators.com.

*If you have any questions regarding flights, please contact flights@worldwidenavigators.com.
Thank you.*

Sunday, November 3, 2024

Arrivals & Orientation

You need to fly into Luis Muñoz Marín International Airport (SJU) in San Juan, the capital of Puerto Rico by 2:00pm and then transfer to your team lodging. Upon arrival at the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team members who have opted

out of Airport Transfer will need to arrange transportation from the airport to team lodging. Once you've arrived at team lodging, settle in and join your team for dinner. After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, present IMR's clinic protocols, and provide an overview of the communities your team will be serving in Puerto Rico. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

Monday, November 4, 2024

Clinic

After a delicious and hearty team breakfast, you will depart for your first full day of clinic! Please come prepared for long transportation times as you will be serving in several communities across the island, typically within a 2-hour radius of San Juan. Clinics begin early in the morning and may run into the evenings. Your days will be long and hard, but also incredibly rewarding.

Tuesday, November 5, 2024

Clinic

As a U.S. territory, Puerto Rico's citizens are guaranteed certain health benefits under the Affordable Care Act. However, the healthcare system is still recovering following the natural disasters of the past few years, and the care you will provide will be greatly appreciated. You may see patients dealing with depression, alcoholism, drug abuse, circulatory system diseases, malignant tumors, heart disease, diabetes, Dengue, Zika, influenza, vision problems, and hypertension. We'll spend our evenings exploring the island, sampling the delicious Puerto Rican cuisine, and enjoying breathtaking ocean views.

Wednesday, November 6, 2024

Optional Training Day & Departures

Schedule a late afternoon or evening flight if you are interested in joining the team to provide training for local healthcare providers to continue IMR's long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the IMR volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. IMR provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit. If you're interested in extending your stay, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



EXTENSIONS

Since you are already venturing across the U.S., have you considered extending your stay to experience more of Puerto Rico? Although this island is a frequent stop for travelers, the nation's white and black sand beaches, coral reefs, vast wildlife, and incredible archeology make Puerto Rico a beautiful place to explore.

See what exciting adventures our partner, Worldwide Navigators, is offering exclusively to IMR volunteers on their website and feel free to contact them at travel@worldwidenavigators.com to help you plan your trip extension.



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$1700** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

Donation Payment Deadlines

\$1500 due by August 5, 2024

\$1700 due by October 6, 2024

Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

FLEXIBLE FLIGHT OPTIONS

Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at travel@worldwidenavigators.com.

Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service

Featured Enhancements

Airfare & Airport Transfer:

Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*** To purchase any of the above Featured Enhancements for your mission please contact our office at office@imrus.org or call at (970) 635-0110*

Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)

[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure