Legends of MSK Radiology CME/CPD Conference and Expedition to Antarctica

aboard Quark Expeditions' Ice-class ship, *World Explorer*

Keynote Speakers: Dr. Jon A. Jacobson (US) & Dr. Marnix van Holsbeeck (US)

EXCLUSIVE TRAINING OPPORTUNITY: Hands-on Ultrasound Learning Sessions & Lecture Series with our Legendary Keynote Speakers!

Conference Convener: Dr. Jason Cox (US)

January 20 -30, 2024 | *78 ATTENDEES ONLY ***Family members welcome**

Comments shared by Delegates who attended a previous CME / CPD Conference & Expedition to Antarctica

Dr David Elliot
Specialist Anaesthetist | MB, BS, FANZA
Blue Horizon CONFERENCING

ENQUIRE TO JOIN - ADD YOUR DETAILS HERE
(scroll down for all event information)

> *" Life is not measured by the number of breaths we take, but by the moments that take our breath away. "*

DR CHRISTOPHER RISTO
Chairman of Radiology, Tufts University School of Medicine
at Tufts Medical Center Radiologist-in-Chief
01:34
It's like a bucket list vacation

2min Testimonial Video: Hear from Delegates about their experience on a recent Radiology CME/CPD Conference & Expedition to Antarctica, coordinated by Blue Horizon Conferencing.

Quark Expeditions
WHY ANTARCTICA

Dear Colleagues and Friends,

You are invited to join an extraordinary Conference & Expedition going to one of the most beautiful and remote locations on earth - Antarctica!

Conference convener, **Dr. Jason Cox (US)**, is putting together a truly unique and fascinating conference program, highlighted by our internationally renowned **Keynote Speakers, Dr. Jon Jacobson (US) & Dr. Marnix van Holsbeeck (US)**.

A full list of Speakers will be announced in the coming months.

We have had an absolutely phenomenal response so far, with many Delegates registering their interest to join during our prelaunch... which resulted in our event now already being 30% subscribed!

The level of excitement and anticipation for this incredible event is shared by all, and we are witnessing a fantastic and dynamic group of Delegates booking to confirm their attendance in what is certainly going to be an inspiring conference event and shared experience packed with adventure.

To enquire to join, please add your name, email and phone number by clicking any of the 'Enquire to join' buttons on this page.

We will then be able to share with you what cabin suite availability we have and you can then choose to proceed with your booking.

Cabin Suite bookings are on a 'first come, first served' basis' so please be sure to enquire to join as soon as possible to avoid missing the opportunity to attend this event.

Please see all details of our Conference & Expedition below.

Our conference coordinator team, Jay Duncanson & Samantha Wyatt (Blue Horizon Conferencing) are available to answer any questions you might have, and can be reached at jay@bhconferencing.com and samantha@bhconferencing.com.

This once-in-a-lifetime Accredited CME activity is Jointly Provided by the Institute for Advanced Medical Education (IAME) and Blue Horizon Conferencing. IAME is accredited by the ACCME to provide continuing medical education for physicians.

We would love you to join us for this unique and unforgettable experience.

Warm regards,
Jason Cox, MD and your Conference Coordinator Team

ENQUIRE TO JOIN

Keynote Speaker - Dr. Jon A. Jacobson

Speaker Bio

Jon A. Jacobson, MD FACR is a board-certified musculoskeletal radiologist.

His educational background includes radiology residency at Henry Ford Hospital and musculoskeletal fellowship at the University of California at San Diego.

After working for 23 years at the University of Michigan, Dr. Jacobson currently works at Lennox Hill Radiology in NYC.
Dr. Jacobson's research interests include musculoskeletal ultrasound and MRI. His academic achievements include over 250 peer-reviewed publications and many invited national and international lectures or workshops.

Dr. Jacobson has been a visiting professor on over 50 occasions, is President-elect of the Society of Skeletal Radiology, and has received numerous teaching and mentoring awards.

He is also the author of the textbook "Fundamentals of Musculoskeletal Ultrasound," which is now in its third edition.

Dr. Jacobson's curriculum vitae and information about his musculoskeletal ultrasound global outreach efforts in Uganda can be found at

www.jacobsonmskus.com

Keynote Speaker - Dr. Marnix van Holsbeeck, MD

Speaker Bio

Marnix van Holsbeeck, MD, RMSK, is Director of Musculoskeletal Radiology in the Henry Ford Health System and is a Clinical Professor of Radiology at the Wayne State Medical School in Detroit Michigan.

Back in 1995 he received the President's Medal of the prestigious International Skeletal Society. Marnix authored 129 peer reviewed articles, he also authored and co-authored an impressive number of book chapters and is the lead author on the original book titled "Musculoskeletal Ultrasound" first published in 1991.

Currently Dr. van Holsbeeck is working on the Fourth Edition of this text. Marnix founded the Musculoskeletal Ultrasound Society in 1990 and is currently still acting as one of its co-directors.

This Society organized its 30th meeting in June of 2022. Prior meetings have been taking place in Europe, West and East Asia, and North, Central and South America.

Marnix's interests in imaging focus on motion induced injuries with a desire to resolve intermittent pain and dysfunction that no other imaging can discriminate.

In that respect he has launched collaborative efforts with the United States Olympic Committee and the National Space and Biomedical Research Institute (NSBRI).

Dr. Jason Cox (US)
Conference Convener

Dr. Jason Cox is a board-certified and fellowship-trained musculoskeletal radiologist.

He has more than seven years of experience as a medical director and program leader performing and teaching musculoskeletal ultrasounds and MSK intervention.

Dr. Cox completed both his radiology residency and fellowship in musculoskeletal imaging and interventions at the Missouri Orthopaedic Institute and the University of Missouri-Columbia under the supervision of Julia Crim, MD.

His private clinic in St. Louis, Missouri, USA, is dedicated to MSK diagnostics and interventions seeing up to 20 patients a day for specialty MSK ultrasound cases.

Dr. Cox also performs numerous MSK interventions in the office, including carpal tunnel release and trigger finger release using ultrasound guidance. His patients range from professional baseball players to high school athletes and children to centenarians.
Dr. Cox is a member of the Society of Skeletal Radiology, American College of Radiology, and Society of Radiologists in Ultrasound.

He is an invited speaker and author on imaging in podiatry, sports medicine, and MSK ultrasound.

Dr. Cox is also president, program director, and course author at the Institute for Advanced Medical Education.

Dr. Kevin L. Ingalls (US)
Speaker

Dr. Kevin L. Ingalls is currently a staff radiologist leading the use of MSK US and image guided procedures at his facility in Jefferson City, Missouri.

He was formerly an assistant professor of musculoskeletal and neuroradiology at the University of Missouri- Orthopedic Institute. He has authored papers on brachial plexus imaging and the use of mobile devices in training and diagnoses in radiology.

Dr. Ingalls has been training residents, fellows, and other learners in musculoskeletal imaging for over 9 years.

He is also a partner at the Ultrasound First clinic in St. Louis, MO where he consults on high level MSK ultrasound cases and trains physicians & sonographers the art and science of the practice of MSK ultrasound.

He received his medical degree from St. George's University School of Medicine. Dr. Ingalls completed residency in diagnostic radiology at the University of Missouri Hospital where he was also chief resident and fellowship in musculoskeletal imaging and interventions at the Missouri Orthopedic Institute.

Dr. Ingalls is a member of the Amercian College of Radiology and Society of Skeletal Radiology.

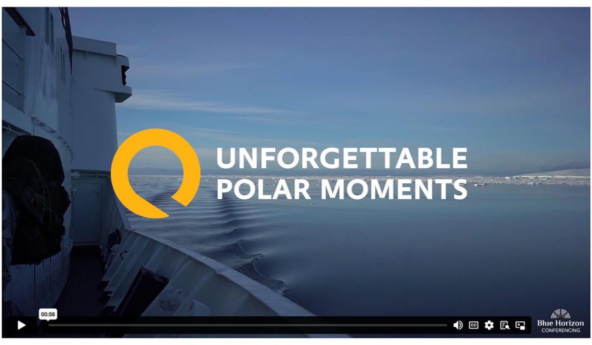
We will be announcing the full list of speakers and the Scientific Program in the coming months.

Topics covered include basic to advanced musculoskeletal ultrasound, ultrasound of the high performance athlete, peripheral nerve ultrasound, musculoskeletal MRI/CT/radiographic pathology correlation, radiology Outpatient Based Lab (OBL), building successful MSK ultrasound practice models, and a complete hands on diagnostic ultrasound mini-fellowship.

We anticipate that there will be Delegates who would like to speak to contribute to our scientific program. We are inviting all delegates with a special topic of interest applicable to the Conference theme to deliver a presentation during the meeting if they would like to do so.

Space is limited. We only have 39 double occupancy cabins for this conference.
**Travel companions & additional family members are welcome.*

ENQUIRE TO JOIN

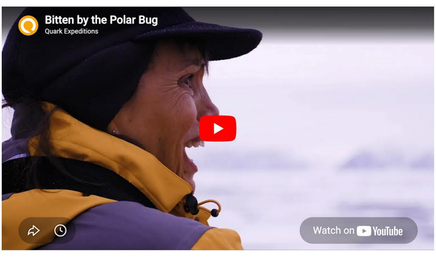


CLICK HERE for all information on our 2024 CME/CPD Conference & Expedition

Why Quark?

"Since 1991, and our first-ever tourism transit of the Northeast Passage, Quark Expeditions has been blazing trails in Polar adventure travel.

This is just one reason we're a uniquely qualified company to ensure a trip of a lifetime."



Conference Schedule & Expedition Itinerary

Our MSK Radiology CME/CPD Conference promises to be a comprehensive educational program including lectures and problem based learning discussions.

January 20 / Day 1 : Arrive & overnight Ushuaia, Argentina - the world's most southern town.

With a population of more than 63,000, Ushuaia is the southernmost city in the world. Although the city has grown during the past few years, it retains an easygoing and accessible feel.

Surrounded by the sea to the south and the mountains to the north, Ushuaia is a spectacular departure point for your Antarctic adventure.

If you arrive early, you can spend time in nearby Tierra del Fuego National Park, enjoy Argentine wines and barbecues in the city, or visit the many boutiques and cafés before you leave for your expedition to Antarctica.

Day 2: Embark the ship - World Explorer

Embarkation will occur in the late afternoon, after which your vessel will sail through the historic Beagle Channel.

This famous channel transects the Tierra del Fuego archipelago in the extreme south of South America.

Expect an air of anticipation as you depart — the next time you'll see land, you'll be on the world's most southern continent!

Day 3 & 4: Crossing the Drake Passage / Conference Schedule

SOUTH ATLANTIC
SOUTH PACIFIC
South America
Cape Horn
DRAKE PASSAGE
SOUTHERN OCEAN
Antarctic Peninsula
Weddell Sea

Your days at sea are filled with presentations led by your Expedition Team who will prepare you for the wildlife, geology and history that will greet you upon your arrival. In between presentations spend time on deck looking for wildlife or chatting with your shipmates over a drink at the bar.

Conference schedule to be announced.

Day 5 - 8: South Shetland Islands and Antarctic Peninsula

Once the Antarctic Convergence is left in our wake, you will truly begin your Antarctic adventure. It is perhaps the first sight of land itself that is embraced as the true beginning of any Antarctic expedition. You will begin to appreciate why this region has long captivated the attention of explorers and travelers alike.

Every time we visit Antarctica, we witness something new or unexpected, which means that your expedition will be unlike any other—creating a unique, personal experience.

You will take daily Zodiac excursions from the ship to explore local bays, channels and landing sites. With wildlife always at the forefront of our minds, you will visit penguin rookeries, scout for humpback and minke whales, and search for a number of southern seal species, including the cunning leopard seal.

The majesty of the Antarctic Peninsula's mountains will enchant as you scramble up snowy pathways to vantage points offering you 360° views of your surroundings. One of these in particular, in Danco Island, affords us the opportunity to visit a penguin colony high up on a ridge. Here, you'll have the choice between hiking to the island's summit or spending time sitting quietly on a pebbled beach, enjoying the antics of curious penguins.

If you're feeling extra adventurous, participating in the Polar Plunge swim is about as crazy as it gets!

Amid the serene silence of Antarctica, noisy interludes become indelible memories, such as penguins squabbling over prized pebbles, or the boom and crack of a calving glacier in Neko Harbour.

Each day will be different, having been carefully crafted by your Expedition Team to entertain and educate you about this wonderful part of the world.

Conference schedule to be announced.

Day 9 & 10: Crossing the Drake Passage / Conference Schedule

The journey back across the Drake Passage provides final opportunities to enjoy the crisp Antarctic air. Spend time on the deck, watching for seabirds and scouting for whales, enjoy presentations by your Expedition Team, or simply relax and reminisce about your experiences.

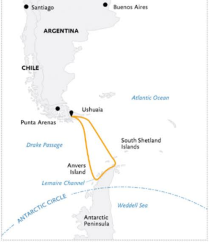
Conference schedule to be announced.

Day 11: Disembarkation in Ushuaia

You will arrive in Ushuaia in the morning, which allows for you to continue your adventure on land or catch your flights home.

I'M IN - I'D LIKE TO ENQUIRE TO JOIN

Quark Expeditions® World Explorer Ice-class Ship



Quark Expeditions® reveals the latest addition to its Antarctic fleet – World Explorer, its fastest and finest expedition ship to date.

Inaugural Voyage: March, 2019 **Capacity:** 176 guests **Year Built:** 2019 **Crew:** 125 **Length:** 413 feet

As a hybrid polar-capable ice class 1B expedition vessel it is able to run on electric motors that minimise noise, meaning travelers can fully immerse themselves in the pristine, natural wonders of Antarctica with only the sound of cracking ice. The environmentally friendly hybrid propulsion system of the ship allows for lower CO2 emissions by incorporating state-of-the-art Rolls Royce diesel/electric engine technology.

"As the world leader in remarkable polar adventures, we constantly explore new ways to enhance the traveler experience," says Quark Expeditions® President Andrew White. "With two powerful Rolls Royce engines and six tiers of deluxe accommodations featuring balconies across all suites, World Explorer is Quark's fastest and finest ship to date.

From an outdoor running track and heated pool to an exclusive spa and sauna, passengers will enjoy touches of luxury throughout their authentic polar expedition."

Polar Experts Since 1991-

Since 1991, Quark Expeditions has specialized in expedition cruising to the Arctic and Antarctica, in ships with ice-strengthened hulls or in icebreakers. Polar travelers will enjoy unparalleled technical expertise, leadership and passion for expedition trips to the Arctic and Antarctica.

NEW POLAR-CLASS SHIP
NEW POLAR-CLASS SHIP
Quark Expeditions
World Explorer

CLICK HERE TO ENQUIRE TO JOIN

What to pack for your polar expedition

WHAT TO PACK
FOR YOUR POLAR EXPEDITION
04:12

What is included as part of my Conference & Expedition experience?

Inclusions:

CPD / CME hours .

Lectures will be run in between the normal Antarctica itinerary and scheduled activities.

You will not be missing excursions by attending the conference program.

Antarctica Expedition Highlights - Zodiac landings (included)

During our expedition you'll be setting foot, not only on the Antarctic Peninsula but on the Antarctic Continent itself.

Not only a chance to get a picture of yourself on a continent not too many people get to set foot on, but endless opportunities to experience the wildlife of this beautiful part of the world, up close.

Antarctica Expedition Highlights - Snowshoeing (included)

Something fun to quite literally 'walk a mile in someone else's shoes'. The explorers of yesteryear would have had to do all their explorations by snowshoe.

This activity allows us to experience what it might have been like for them and see things from a slightly different perspective.

Antarctica Expedition Highlights - Zodiac water tours (included)

Yes, we're sailing on a ship, enjoying the beauty that is Antarctica from it's decks and from within its luxurious comforts.

But it is just as amazing to feel the crisp Antarctic air on your face, and feel the thrill of exploring at sea level by zodiac, often with the opportunity to approach wildlife in it's own natural habitat.

The Zodiacs give accessibility where the ship can't quite reach, which is why they are a favourite amongst guests visiting Antarctica.

Antarctica Expedition Highlights - Polar Plunge (included)

Whilst plunging into Antarctic waters may seem like a ridiculous notion - this is a must do!

You'll find the crew is well trained in making sure this once-in-a-lifetime experience is as fun and enjoyable as possible!

Antarctica Expedition Highlights - Walking/Hiking (included)

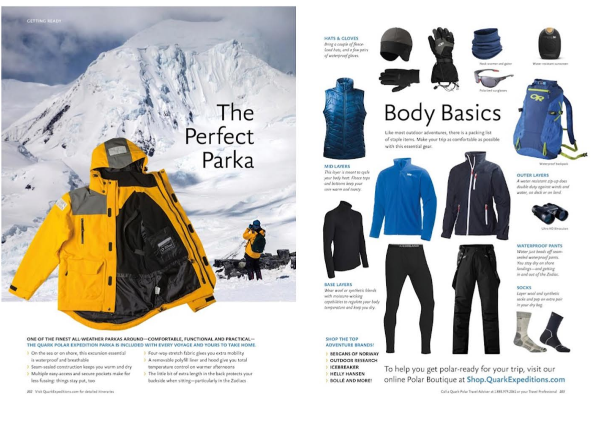
By being on a ship, you truly get to enjoy the unique perspective of seeing Antarctica by sea, but being on land offers another amazing perspective.

You can really imagine how brave the first explorers of the Antarctic must have been, walking amongst giant mountain peaks, and gain a real appreciation for the wildlife that survives in such a wild environment.

And there is more to explore on the land than you might think...

Complimentary 3-in-1 Quark Expeditions® Parka

Please Note: Your Parka is provided to you by Quark, and is complimentary. The Body Basics (pictured right) is the suggested additional attire you should bring to ensure your comfort over the course of the Expedition and Voyage.


GETTING READY
The Perfect Parka
HATS & GLOVES
Bring a couple of fleece-lined hats, and a few pairs of waterproof gloves.
Neck warmer and gaiter
Water-resistant sunscreen
Polarized sunglasses
Body Basics
Like most outdoor adventures, there is a packing list of staple items. Make your trip as comfortable as possible with this essential gear.
Waterproof backpack
MID LAYERS
OUTDOOR RESEARCH
ICEBREAKER
HELLY HANSEN
BOLLÉ AND MORE!
To help you get polar-ready for your trip, visit our online Polar Boutique at Shop.QuarkExpeditions.com

CLICK HERE TO ENQUIRE TO JOIN

Other Inclusions

Rates include all accommodations aboard ship and pre expedition hotel as outlined below.

What is included in the price of our 11 day/10 night Antarctic Expedition aboard the Quark Expeditions, World Explorer.

- ✓ Departure transfer from pier to airport for early flights on disembarkation day. Passengers leaving on later flights have access to supervised luggage storage until late afternoon.
- ✓ Pre-night hotel stay in Ushuaia, Argentina.
- ✓ Accommodation aboard the *World Explorer.*
- ✓ All meals while aboard the *World Explorer **Please inform us of any dietary requirements as far in advance as possible.*
- ✓ Domestic beer and wine with dinner.
- ✓ Emergency Evacuation Insurance to a maximum benefit of $500,000 USD per person is included complimentary.
- ✓ Welcome and farewell cocktails aboard.
- ✓ All Zodiac landings and excursions, snowshoeing and hiking are included in daily program.
- ✓ Walking poles are also provided at each landing for your convenience. Snowshoes may also be provided when conditions are favorable.
- ✓ The loan of a pair of waterproof boots for the duration of the voyage per passenger.
- ✓ One complimentary 3-in-1 Quark Expeditions® parka to keep. (you'll order your size beforehand, and your parka will be in your cabin upon arrival)
- ✓ Professional Expedition Leadership.
- ✓ Formal and informal educational presentations by the Quark Expeditions® Team.
- ✓ Online Photographic Journal.
- ✓ Coffee, tea, cocoa, soft drinks and juices available around the clock.
- ✓ All shore excursions and sightseeing; entrance fees, special access permits.
- ✓ Comprehensive pre-departure package including the Quark Expeditions® Polar Reader and Map.
- ✓ An on-board Photographer.
- ✓ All taxes, service charges and port charges.
- ✓ Services of the ship's physician.

Not Included:

- ✓ Air transportation from country of origin (return).
- ✓ Passport and visa expenses (if applicable)
- ✓ Alcoholic beverages outside of domestic beer and wine at dinner or Polar Boutique store charges.
- ✓ Voyage-end gratuities for Crew, Hospitality and Expedition Team members. (approx. US$150pp is recommended)
- ✓ Baggage, cancellation and medical travel insurance.
- ✓ Meals ashore, other than the breakfasts included with the hotel accommodation.
- ✓ Excess baggage charges.

- ✓ Extensions; passport, visa, security or immigration fees; travel insurance/travel protection plan; items of a personal nature such as use of on-board internet, laundry etc.

Unique extras & experiences on your expedition voyage...

Highly Experienced Captains, Ice Masters & Expedition Leaders and Quark's Open Bridge Policy

- ✓ The bridge is your expedition ship's command centre; this is where the magic happens! From the bridge, your Captain and his crew can see the way forward both visually and through advanced nautical navigation equipment. They can control the wheel and throttle, guiding your group safely over open water, through narrow fjords, and into pristine polar bays for further exploration by Zodiac or on foot.

- ✓ Your Captain and Expedition Leader exercise an 'Open Bridge' policy. This means you're allowed to actually go into the command centre of ship for a look at the inner workings of your expedition. On larger ships, as with the cockpits of commercial airlines, these areas are typically restricted and inaccessible to passengers.

Additional Adventure Options...

Sea Kayaking

- ✓ PLEASE NOTE - LIMITED AVAILABILITY!
  Please let us know asap if this activity/excursion is something you'd like to book.
- ✓ Kayaking in Antarctica is probably one of the most intimate and inspiring ways you can explore this incredible region. Glide through the quiet waters and take in the beauty of Antarctica. Paddle through astounding icebergs, watch penguins, seals and possibly whales swim around your kayak.
- ✓ Kayaking in the Polar Regions is highly weather-dependent, however we guarantee at least one outing during your voyage. Your kayak guides will always attempt to take you out as many times as possible throughout your voyage.
- ✓ All equipment, guides and instructions are provided by Quark.
- ✓ **Please Note:** It is required that you have some kayaking experience.
- ✓ **Cost:** US$995pp

Ice Camping

- ✓ PLEASE NOTE - LIMITED AVAILABILITY!
  Please let us know asap if this activity/excursion is something you'd like to book.
- ✓ It may sound unbelievable, but camping overnight on the 7th Continent is absolutely wonderful - snug in your warm, water-resistant and breathable bivy under the dim glow of a polar sky with an intimate group of campers.
- ✓ No experience required.
- ✓ **Cost:** US$295pp

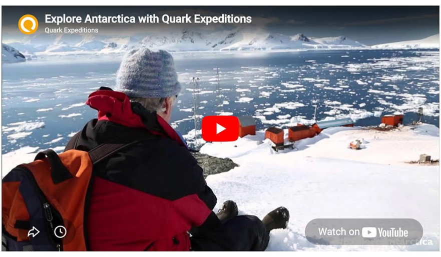
Paddle Kayak

- ✓ PLEASE NOTE - LIMITED AVAILABILITY!
  Please let us know asap if this activity/excursion is something you'd like to book.
- ✓ Explore the ocean from a more intimate vantage point on a sit-on-top kayak. No experience is required to manoeuvre these very stable kayaks, allowing you to enjoy an unforgettable experience on the water, taking in breathtaking landscapes and wildlife. Whether it's your first time in a kayak or you want greater flexibility to try other Adventure options, this shorter excursion is for you.
- ✓ All equipment, guides and instructions are provided by Quark.
- ✓ **Please Note:** Paddling in the Polar Regions is highly weather-dependent and a one-time experience. Your kayak guides will attempt to take you out on the water for 1-1.5 hours of paddling.
- ✓ **Cost:** US$295pp

"My Seventh was Heaven"
MOLLIE M. — Mar 16, 2018
VERIFIED PASSENGER

"In my 40's I decided to step food on every continent.
You made it not only possible to complete my goal, but you also provided a trip full of unbelievable memories.

This adventure was above any and all expectations anyone could imagine. Your staff was by far the best informed and accommodating group that I have ever encountered in all my travels. Thank you from the bottom of my heart."



I'D LIKE TO ENQUIRE TO JOIN

Cabin Selection and Rates

We have **2 x different cabin options** of varying cost / price per person on offer: **Verandah Suite** and **Infinity Suite**.

Please scroll down to view all cabin options and rates / pricing.

*****Please Note:** For the Infinity suite option, we have very limited availability so please do enquire to book and let us know your cabin preference ASAP.*

Veranda Suite: US$15,721 per person – double occupancy (Regularly US$18,995pp)
Infinity Suite: US$15,996 per person – double occupancy (Regularly US$19,395pp)

Verandah Suite:

OUR CONFERENCE GROUP RATE:
US$15,721 per person (double occupancy)

NORMAL RETAIL RATE:
US$18,995 per person (double occupancy)

Featured in each cabin: A sitting area with sofa, refrigerator, TV and state of the art "info-tainment" system. Private bathroom with shower.

**All meals, on-board activities and all programmed daily excursions are included in this rate - please see 'Inclusions' for a more detailed list.*

I'D LIKE TO ENQUIRE TO BOOK A VERANDAH SUITE

Infinity Suite:

OUR CONFERENCE GROUP RATE:
US$15,996 per person (double occupancy)

NORMAL RETAIL RATE:
US$19,395 per person (double occupancy)

Featured in each cabin: A sitting area with sofa, refrigerator, TV and state of the art "info-tainment" system. Private bathroom with shower.

**All meals, on-board activities and all programmed daily excursions are included in this rate - please see 'Inclusions' for a more detailed list.*

I'D LIKE TO ENQUIRE TO BOOK AN INFINITY SUITE

Payment Schedule & Cancellation Policy:

Deposits: To confirm reservations on all Quark products a deposit of 30% of the gross per person rate is required at time of booking. The deposit can be paid by bank transfer or by credit card.

Final Payments: Deposits and payments for pre-expedition and post-expedition services are specific to each item and are explained and communicated at time of purchase. A 30% voyage deposit per person is due at the time of booking to secure your cabin. (Deposits are non-refundable). The second payment of 40% will be due mid April, 2023 with the final balance being due by mid September, 2023. Dates TBA. You will receive further details about how to pay this at a later date.

Late payments: All late payments are subject to a penalty of 1.5% interest per month, or 18% per annum. Quark reserves the right to cancel any booking that is not paid within 120 days of departure or deny boarding on any unpaid balances.

Days and date prior to Expedition start, per person Cancellation Fees:

Please Note:

Should delegates need to transfer their Expedition ticket to a different person due to unforeseen circumstances, we have arranged for you to be able to do so. A US$1250 fee will apply.

Cancellations received 180 days or more prior to departure, are refundable less an administrative fee of minimum US$1250, AU$1600, £830, €1100 per person. If cancellation is received between 179 days and 120 days, the voyage deposit is forfeited.

If cancellation occurs less than 120 days prior to departure, all payments are forfeited. If full payment has not yet been received, the full penalty will still apply and any unpaid balance is due immediately. To protect your investment, Quark Expeditions highly recommends that you obtain adequate trip cancellation insurance.

All requests for cancellation must be received in writing.