

# Standard package

For senior citizens  
(age 71-80)



The Standard Package is intended for patients aged 71 or older who want to provide themselves with a standard level of healthcare. This medical package provides you with **access to appointments and consultations with selected specialists and outpatient procedures, as well as preventive, diagnostic and imaging scans and tests.**

| Payment options                                 | Amount of instalment |
|---|----------------------|
| Payment in 12 instalment (monthly)              | 298,00 PLN           |
| Payment in 4 instalments (every 3 months)       | 867,00 PLN           |
| Payment in 2 instalments (every 6 months)       | 1 698,00 PLN         |
| Lump payment                                    | 3 228,00 PLN         |
| <b>Monthly rate in a case of annual payment</b> | <b>269,00 PLN</b>    |

The contract is concluded for 12 months

## Standard Package:

| Scope of medical care   |   |
|---|---|
| Medical Helpline  | • |
| Online Consultations  | • |
| Healthcare specialists consultations – basic option   | • |
| Healthcare specialists consultations (13)   | • |
| On-duty physician consultations   | • |
| Influenza and tetanus vaccinations  | • |
| Nursing procedures  | • |
| Outpatients procedures (36)   | • |
| Laboratory test panel (no referral needed)  | • |
| Laboratory and imaging diagnostics (263)  | • |
| Dentistry – option I  | • |
| Access to LUX MED Group's (LUX MED and Medycyna Rodzinna) own facilities listed at <a href="http://www.luxmed.pl">www.luxmed.pl</a>                             | • |
| <b>Nationwide network of partner facilities listed at <a href="http://www.luxmed.pl/placowkiwspolpracujace">http://www.luxmed.pl/placowkiwspolpracujace</a></b> | • |

\* The detailed list of services which are the part of the Package is defined in Detailed definitions of services.  
The presented table is only a dictionary of services available in the Package.

## Detailed definitions of the services



### Medical Helpline

Medical Helpline is a healthcare service provided in situations requiring urgent assistance. This service includes the possibility of using Medical Helpline serviced by medical specialists (doctors, nurses) in the fields of internal medicine, family medicine and nursing, using the LUX MED Group 24/7 nationwide infoline. In medically justified cases, a medical specialist may refer the Entitled Person to an in-person consultation with a doctor, decide to call an ambulance, or refer him/her for urgent admission to the Hospital Emergency Department.

*During the Medical Helpline consultation, no e-prescriptions to vaccines, drugs with potent effects, medications that carry the possibility of addiction, postcoital contraception (emergency contraception) or referrals are made for studies involving the use of ionizing radiation and referrals to biopsies, endoscopy and exercise tests. The provision of services in the form of Medical Helpline consultation is carried out exclusively for the benefit of the person who is indicated as a Person entitled to Health Services for the Medical Helpline on the basis of the concluded Agreement. The Entitled Person may not provide the service in the form of Medical Helpline to another person and bears full civil and criminal liability for ensuring that the data he/she provides are genuine. Medical Helpline service does not replace emergency services in a state of medical emergency. Medical Helpline does not replace in-person consultations because no direct examinations can be performed. The final decision to issue an e-prescription/e-sick leave during a Medical Helpline consultation is at the discretion of the Physician who may refuse to issue an e-prescription/e-sick leave, based on medical indications and the Entitled Person's welfare.*



### Online Consultations

The Online Consultation is a Healthcare service provided by the healthcare organisation LUX MED through IT or communication systems. LUX MED enables the Patients an interactive individual consultation with a medical specialist (doctor, midwife or nurse) via means of distance communication i.e. the Patient Portal. The Patients with full access to the Patient Portal may benefit from Online Consultations. Time accessibility of Online Consultations with a doctor, a midwife and a nurse is a consequence of the schedule of medical specialists and is visible under "Online Consultation" ("Konsultacje online") tab. The Patient can choose a communication channel: video, audio or text.

Since medical specialists answering questions have access to the medical records of the Patient, in situations of medical necessity, they can order specific tests or refer the Patient to a different specialist. Online Consultation is exclusively available for the Patient who has logged in the Patient Portal and the content of Online Consultation is saved and constitutes a part of the medical documentation of the Patient. Online Consultations include listed below medical specialists consultations which do not require contact with a specialist in person.

The service covers online consultations in the following scope:

- internal medicine/family medicine
- obstetric

Online Consultation with a specialist does not replace an outpatient consultation because it does not enable direct examination. In order to use the Online Consultation, the Patient after logging into the account on the Patient Portal in the "Online Consultations" tab sets himself in the queue waiting to use the service. The provision of services in the form of Online Consultations is only for the benefit of a Patient who has concluded the Agreement or who is indicated as a person entitled to Healthcare services under Online Consultations. The Patient cannot make Online Consultation service available to other individuals. The Patient bears full civil and criminal liability for the fact that the data provided are consistent with the facts.

Within the Online Consultations the Patient receives a Healthcare service, and as a part of that service may be issued: a referral for diagnostics, a referral to another specialist for the purpose of obtaining another Telemedicine Advice or a referral to another specialist in order to obtain a Healthcare service as part of an outpatient service, an e-Prescription for drugs for the continuation of chronic treatment, a de novo e-Prescription based on medical records and medical indications arising in the course of a Online Consultation, or a medical certificate for medical indications. In medically justified cases, while carrying out Online Consultation, a medical specialist may refuse to give advice at a distance and refer the Patient to an outpatient consultation with a doctor, a nurse or a midwife. No e-Sick Leaves and referrals for examinations using ionising radiation, biopsies, endoscopic examinations and exercise tests are issued during Online Consultations. The final decision to issue an e-Prescription during Online Consultation is at the discretion of the physician who may refuse to issue an e-Prescription based on medical indications and the Patient's welfare. No e-Prescriptions for vaccines, potent drugs, drugs that can cause are issued during Online Consultation.

## Healthcare specialists consultations

The service provides an opportunity to obtain medical consultations in cases, such as onset of an illness, emergency medical assistance and general medical advice without a referral.

Consultations are available in the following forms:

- in outpatient medical clinics indicated by us – in the form of on-site visits
- via communication systems – in the form of telephone or video consultations
- in Infection Treatment Centres – in the form of on-site visits for Entitled Persons with symptoms of infections, provided in selected Medical facilities indicated by us

The service includes: medical history taking, physician's advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment and refers to consultations within the following scope:

- Internal medicine
- Family doctor

*The service Healthcare specialists consultations – basic option does not include consultation of physicians on duty, physicians with the degree of "doktor habilitowany" (associate professor) or the scientific title of "profesor" (professor) as well as physicians holding the positions of "docent" (assistant professor), "profesor nadzwyczajny" (associate professor) and "profesor zwyczajny" (full professor).*

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- |                   |                 |                |
|-------------------|-----------------|----------------|
| • allergology     | • nephrology    | • pulmonology  |
| • general surgery | • neurology     | • rheumatology |
| • diabetology     | • ophthalmology | • urology      |
| • gynaecology     | • optometry     |                |
| • laryngology     | • proctology    |                |

*Note: The service Healthcare specialists consultations –does not include consultation of physicians on duty, physicians with the degree of "doktor habilitowany" (associate professor) or the scientific title of "profesor" (professor) as well as physicians holding the positions of "docent" (assistant professor), "profesor nadzwyczajny" (associate professor) and "profesor zwyczajny" (full professor). Other consultations are also paid.*

## On-duty physician consultations

The service includes exclusively basic emergency assistance in a sudden onset of an illness which has occurred within 24 hours preceding the receipt of a consultation request by LUX MED. On-duty doctors are available within the working hours of outpatient Medical Facilities indicated by LUX MED separately, only on the day of reporting it.

The service does not include healthcare services provided to save life and health in accordance with the National Medical Rescue Act (Journal of Laws 2006.191.1410, as amended). The service includes: medical history taking, physician's advice and basic procedures necessary for making an initial diagnosis, taking an appropriate therapeutic decision and refers to consultations within the following scope:

- Internal medicine
- Family physician



## Nursing procedures

Services including basic measurements, minor procedures, including diagnostic ones, performed by a nurse or midwife on their own or according to the physician's order, in line with their competences, in outpatient Medical Facilities indicated by LUX MED. The scope of outpatient consultation procedures depends on the range of physician consultation which the Patient is entitled to within the scope of provided services, the age of the Patient and on the availability of a given procedure in an outpatient Medical Facility indicated by LUX MED.

### Nursing procedures include:

#### Outpatient nursing procedures:

- Intravenous injection
- Subcutaneous/intramuscular injection
- Emergency drip administration
- oral medicine administration in emergency cases
- Body temperature measurement (no referral needed)
- Placement/change/removal - small dressing
- Blood drawing
- Blood pressure measurement (no referral needed)
- Height and body weight measurement (no referral needed)
- Office-based midwife service – palpation of the breast

*Note: Medical materials and products, such as: dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, serum - tetanus antitoxin, disinfectants, used for the above procedures are free of charge. Other products used in the above procedures need to be paid for by the Patient*



## Outpatient procedures

The services including basic measurements and procedures (including the diagnostic ones) not requiring hospitalisation and operating room regimen. Performed in accordance with the competences by a physician or a nurse or an obstetrician during a procedure-specific consultation or beyond the medical consultation, in outpatient Medical Facilities indicated by LUX MED. The scope of outpatient consultation procedures depends on the range of physician consultation which the Patient is entitled to within the scope of provided services, the age of the Patient and on the availability of a given procedure in an outpatient Medical Facility indicated by LUX MED.

### Outpatient procedures include:

#### Outpatient general medical procedures:

- Blood pressure measurement
- Height and body weight measurement
- Non-surgical tick removal

#### Outpatient surgical procedures:

- Suturing of a wound up to 1,5 cm
- Surgical tick removal
- Non-surgical tick removal
- Placement/change/removal – small dressing (not requiring surgical debridement)
- Removal of another foreign body without incision
- Suture removal in a treatment room after procedures performed in outpatient Medical Facilities indicated by LUX MED
- Suture removal after treatments made outside of Medical Facilities indicated by LUX MED – qualification based on the LUX MED doctor's assessment (we do not remove stitches after childbirth)

#### Outpatient laryngological procedures:

- Eustachian tube examination, insufflation
- Catheterisation of the Eustachian tube
- Ear irrigation
- Removal of a foreign body from the nose/ear
- Simple laryngological dressing
- Coagulation of blood vessels of the nasal septum
- Electrocoagulation of blood vessels of the nasal septum
- Nasal tamponade removal
- Bilateral dressing of nasal hemorrhage
- Unilateral dressing of nasal hemorrhage
- Suture removal in a treatment room after laryngological procedures performed in outpatient Medical Facilities indicated by LUX MED
- Suture removal after laryngological procedures performed outside of outpatient Medical Facilities indicated by LUX MED

MED – qualification based on the LUX MED doctor's assessment;

**Outpatient ophthalmologic procedures:**

- Standard\* ocular fundus examination
- Corrective lens selection (excludes varifocal lenses)
- Gonioscopy (iridocorneal angle assessment)

**Outpatient gynaecological procedures:**

- Standard\* pap smear

**Anaesthesia**

- Local (infiltration or permeation) anaesthesia

*Note: Medical materials and products, such as: dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, serum - tetanus antitoxin, disinfectants, surgical sutures and threads, used for the above procedures are free of charge. Other products used in the above procedures need to be paid for by the Patient.*



**Influenza and tetanus vaccinations**

As part of infectious disease prevention, the service includes vaccinations against seasonal flu and administer tetanus anatoxin (anti-tetanus anatoxin).

**The service includes:**

- Medical consultation before vaccination (The service consists of a medical consultation with a doctor or nurse before vaccination)
- Vaccine (the medicinal product)
- Performance of a nursing service (injection).

Flue vaccinations are performed in outpatient Medical Facilities indicated by LUX MED.



**Laboratory test panel (no referral needed)**

The service is provided only in outpatient Medical Facilities indicated by LUX MED. The service includes a one-time performance of a panel of laboratory tests, composed of the following items, without a referral from a physician (within 12 months of the term of the agreement):

For the:

**Patients over 18 years of age – visits without a referral** relate to the following scope:

- Urine – general analysis
- Blood count + platelet count + automated smear
- Lipid panel
- Fasting glucose
- Standard\* Pap smear
- TSH

\* Standard – commonly available and commonly used in Poland



**Laboratory and imaging diagnostics**

This includes the following laboratory, imaging and functional diagnostic tests performed in outpatient Medical Facilities indicated by LUX MED. The number of performed tests is . All diagnostic tests and examinations available within the service are performed following referrals issued by physicians from outpatient Medical Facilities, only based on medical indications as part of a diagnostic and therapeutic process conducted in these Medical Facilities.

**Laboratory diagnostics:**

**Haematology and coagulology tests with taking test samples (blood):**

- Absolute eosinophil count
- Blood count + platelet count + automated smear
- ESR
- INR / Prothrombin time
- Thrombin time – TT
- APTT
- Fibrinogen

**Biochemical and hormonal tests, tumour marker tests with taking test samples (blood):**

- CRP quantitative
- GPT/ALT transaminase
- GOT/AST transaminase
- Amylase
- Albumins
- Total protein
- PAPP-A protein
- Total bilirubin
- Direct bilirubin

- Chlorides (Cl)
- Total cholesterol
- HDL cholesterol
- LDL cholesterol
- Directly measured LDL cholesterol
- CK (creatine kinase)
- LDH – Lactate dehydrogenase
- Alkaline phosphatase
- Acid phosphatase
- Phosphorus (P)
- GGTP
- Glucose tolerance test (4 points, 75 g, 0, 1, 2, 3 h)
- Fasting glucose
- Glucose 120' after a meal
- Glucose 60' after a meal
- Glucose 75 g, 4-hour glucose challenge test
- Glucose 75 g, 5-hour glucose challenge test
- Creatinine
- Uric acid
- Lipid profile (CHOL, HDL, LDL, TG)
- Magnesium (Mg)
- Urea/blood urea nitrogen, BUN
- Potassium (K)
- Protein profile
- Sodium (Na)
- Triglycerides
- Calcium (Ca)
- Iron (Fe)
- Immunoglobulin IgE (total IgE)
- Immunoglobulin IgA
- Immunoglobulin IgG
- Immunoglobulin IgM
- Folic acid
- Vitamin B12
- TIBC – total iron binding capacity (alternative to Fe saturation)
- Iron / Fe 120 mins after administration (absorption curve)
- Iron / Fe 180 mins after administration (absorption curve)
- Iron / Fe 240 mins after administration (absorption curve)
- Iron / Fe 300 mins after administration (absorption curve)
- Iron / Fe 60 mins after administration (absorption curve)
- Ferritin
- Caeruloplasmin
- Transferrin
- Thyroglobulin
- Apolipoprotein A1
- Lipase
- Copper
- TSH / hTSH
- Free T3
- Free T4
- Total Beta-hCG
- AFP – alpha-fetoprotein
- Free PSA
- Total PSA
- CEA – carcinoembryonic antigen

#### Serology tests and infection diagnostics with taking test samples (blood):

- Basic syphilis serology (VDRL or USR or anti-TP), formerly WR
- ASO quantitative
- ASO qualitative
- RF – Rheumatoid Factor – quantitative
- Waaler-Rose test
- BTA test
- Blood group (ABO), Rh factor and antibody screening
- Immune antibody screening / alloantibodies (replaces anti-Rh +/- antibodies)
- HBs Ag/antigen
- CMV antibodies IgG
- CMV antibodies IgM
- HBs Ab / antibodies
- HIV-1/HIV-2
- EBV/mononucleosis – latex
- EBV / mononucleosis IgG
- EBV / mononucleosis IgM
- Toxoplasma IgG
- Toxoplasma IgM

#### Urine tests with taking test samples (urine):

- Urine – general analysis
- Urine protein
- Total protein / 24-hour urine collection
- Phosphorus in urine
- Phosphorus in urine / 24-hour urine collection
- Creatinine in urine
- Creatinine – urine / 24-hour urine collection
- Uric acid in urine / 24-hour urine collection
- Uric acid in urine
- Magnesium / Mg in urine
- Magnesium / Mg / 24-hour urine collection
- Urea/blood urea nitrogen, BUN in urine / 24-hour urine collection
- Urea/blood urea nitrogen, BUN in urine
- Sodium/Na in urine
- Sodium/Na in urine / 24-hour urine collection
- Calcium in urine
- Calcium/Ca in urine / 24-hour urine collection
- potassium (K) – urine;
- Potassium (K) – urine/ 24-hour urine collection
- Lead/Pb in urine

#### Bacteriological tests with taking smear (the service does not include tests performed using molecular biology techniques):

- Urine culture
- General faeces culture
- Pharyngeal / tonsil swab – aerobic culture
- Oral cavity swab – aerobic culture
- Tongue swab – aerobic culture
- Nasopharyngeal swab – anaerobic culture
- Nasopharyngeal swab – aerobic culture
- Anal and vaginal swab culture for Streptococcus GBS
- Vaginal swab – anaerobic culture
- Vaginal swab – aerobic culture
- Culture for GC (GNC) Vaginal swab
- Stool culture for SS
- Vaginal microbiological test (vaginal biocenosis)
- Endocervical swab
- Endocervical smear – anaerobic culture
- Endocervical swab for GC (GNC) culture

#### Faecal tests with taking test samples:

- Stool analysis
- Faecal occult blood (FOB)

#### Cytology tests with taking test samples:

- Standard\* Pap smear



**Mycological tests with taking smear (the service does not include tests performed using molecular biology techniques):**

- Stool culture for yeast-like fungi
- Urine culture for yeast-like fungi
- Pharyngeal /tonsil swab culture for yeast-like fungi
- Endocervical smear culture for yeast-like fungi
- Nasopharyngeal swab – culture for yeast-like fungi
- Vaginal swab culture for yeast-like fungi
- Oral swab – culture for yeast-like fungi
- Tongue swab – culture for yeast-like fungi

**Quick strip tests with taking test samples (blood):**

- CRP – strip test
- Cholesterol strip test
- Glucose meter test
- Troponin – strip test

**Diagnostic imaging:**

**ECG examinations:**

- Resting ECG
- Standard\* exercise test

**X-ray (medium conforming with the standard applicable in a given clinic):**

- Cranial X-ray orbits
- X-ray of orbits + lateral (2 views)
- Cranial X-ray PA + lateral
- Cranial X-ray PA + lateral + base
- Cranial X-ray, base
- Cranial X-ray, semi-axial by Orley
- Cranial X-ray, sella turcica
- Cranial X-ray, tangential
- Cranial X-ray, cranial nerve canals
- Splanchnocranium X-ray
- Abdominal X-ray, other
- Abdominal X-ray, supine
- Abdominal X-ray, erect
- Chest X-ray
- Chest X-ray + lateral
- Chest X-ray, lateral with barite
- Chest X-ray, other
- Chest X-ray PA + lateral with barium
- X-ray of chest, thyroid, trachea
- Sacrococcygeal X-ray
- Lateral nasal X-ray
- Lower leg X-ray, AP + lateral
- Lower leg X-ray, AP + bilateral lateral
- Upper leg and lower leg X-ray
- Femoral bone X-ray, AP + left lateral
- Femoral bone X-ray, AP + right, lateral
- Shoulder X-ray, axial
- Shoulder X-ray, bilateral axial
- Shoulder X-ray, AP + lateral
- Shoulder X-ray: AP + bilateral – comparative image
- Shoulder X-ray, AP
- Shoulder X-ray, AP, both – comparative image
- Forearm X-ray, AP + lateral
- Bilateral forearm X-ray, AP + lateral
- Elbow/forearm X-ray, AP + lateral
- Elbow/forearm X-ray, AP + lateral, bilateral
- X-ray of temporal bones, transorbital
- X-ray of temporal bones by Schuller/Stevens
- Temporal bone pyramid X-ray, transorbital
- Hand X-ray, lateral
- Hand X-ray, PA
- Hand X-ray PA, bilateral
- Finger(s) X-ray, PA + lateral/oblique
- Finger(s) X-ray, PA + lateral/oblique bilateral
- Scaphoid X-ray
- Foot X-ray, AP + lateral/oblique
- Foot X-ray, AP + lateral/oblique, erect
- Foot X-ray, AP + lateral/oblique bilateral
- Foot X-ray, AP + lateral/oblique bilateral, erect
- Foot X-ray, AP (comparative)
- Metatarsal X-ray
- Toe(s) X-ray, AP + lateral/oblique
- Heel X-ray + axial
- Heel X-ray, lateral
- Lumbar X-ray: AP + lateral
- X-ray of lumbar spine, AP + lateral + oblique
- X-ray of lumbar spine, lateral
- X-ray of lumbosacral spine, oblique
- X-ray of lumbosacral spine AP + lateral
- Lumbar functional X-ray
- Thoracic X-ray
- Thoracic X-ray AP + lateral
- Thoracic X-ray, AP + lateral + oblique
- Thoracic X-ray, lateral
- Thoracic X-ray, oblique views
- Cervical X-ray
- Cervical X-ray, AP + lateral
- Cervical X-ray, lateral
- Cervical X-ray, lateral + oblique (3 views)
- Cervical X-ray, oblique views
- Cervical functional X-ray
- Spinal X-ray AP, erect (scoliosis)
- Spinal X-ray AP, erect + lateral (scoliosis)
- Scapular X-ray
- Pelvic and hip joint X-ray
- X-ray of sternum, AP
- X-ray sternum / chest lateral
- Mandibular X-ray
- Paranasal sinus X-ray
- Rib X-ray (unilateral), 2 oblique views
- Wrist X-ray, lateral
- X-ray of both wrists, lateral
- Wrist X-ray, PA + lateral
- Wrist X-ray, PA + bilateral lateral
- Hand X-ray, PA + oblique
- Hand X-ray, PA + oblique, bilateral
- Wrist/hand X-ray, PA + lateral/oblique left
- Wrist/hand X-ray, PA + lateral/oblique right
- Wrist/hand X-ray, PA + lateral/oblique bilateral
- Wrist/hand X-ray, PA + lateral/oblique bilateral
- X-ray of both patellae axial
- Bilateral patellar X-ray, axial in 2 positions
- Bilateral patellar X-ray, axial in 3 positions
- X-ray of sacroiliac joints – PA
- X-ray of sacroiliac joints – oblique
- Hip joint X-ray, AP
- Bilateral hip joint X-ray, AP

- Hip joint X-ray, axial
- Knee joint X-ray, AP + lateral
- Knee joint X-ray, AP + bilateral lateral
- Knee joint X-ray, AP + bilateral lateral, erect
- Knee joint X-ray, lateral
- Elbow joint X-ray
- Ankle joint X-ray, AP + lateral
- Ankle joint X-ray, AP + lateral bilateral
- X-ray of nasopharynx
- Shoulder X-ray (transthoracic)
- Shoulder X-ray, AP + axial
- Clavicular X-ray

**Ultrasound examinations:**

- Abdominal ultrasound
- Breast ultrasound
- Thyroid ultrasound
- Transabdominal prostate ultrasound
- Transvaginal gynaecological ultrasound
- Transabdominal gynaecological ultrasound

**Endoscopic examinations:**

- Anoscopy

**Magnetic resonance imaging without contrast agent:**

- MR – magnetic resonance of head

**Computed tomography without contrast agent:**

- CT – computed tomography of head

**Other diagnostic tests and examinations:**

- Spirometry without medication
- Standard audiometry\*
- Mammography
- Mammography – targeted image

*Note: As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided in this agreement. If as a result of the application of a new method, the above scope of services is extended, then the services resulting from the scope extensions shall not be covered by the scope of the package. Examination results are stored on a medium conforming with the standard applicable in a given facility. Unless stated otherwise, the service does not include strip tests, and CT, MRI and ultrasound diagnostic imaging includes a 2D image with no additional options (including extended genetic ultrasound).*



**Dentistry – Option I**

**Dental emergency**

Dental emergency includes, depending on the Medical Facility, coverage or reimbursement of expenses (Reimbursement) up to the maximum limit of 350 PLN per each 12-month Agreement term, of the following performed by dentists services:

- Emergency tooth pulp devitalisation with cavity dressing
- Emergency dental abscess incision, including drainage
- Emergency periapical abscess decompression
- Emergency medicinal dressing on a deciduous tooth
- Emergency medicinal dressing on a permanent tooth
- Emergency extraction of a single-rooted tooth
- Emergency extraction of a single-rooted deciduous tooth
- Emergency extraction of a multi-rooted tooth
- Emergency extraction of a multi-rooted deciduous tooth
- Emergency dry socket irrigation + application of medication
- Emergency extraction of a tooth by intra-alveolar chiseling
- Emergency repositioning and immobilisation of an avulsed tooth
- Emergency dental local infiltration anaesthesia
- Emergency dental local permeation anaesthesia
- Emergency dental intraoral conduction anaesthesia
- Emergency single tooth X-ray

*Note: Dental emergency services are provided exclusively in the sudden onset of an illness or in case of an accident outside the working hours of LUX MED's own facilities. A precondition for obtaining dental emergency services shall be for the patient to notify the need to attend a dental emergency as a result of a sudden onset of an illness or an accident using our Helpline (on 22 33 22 888), and then avail of the services at a medical facility indicated by LUX MED, in line with the instructions provided by the Helpline staff. If the indicated medical facility does not offer cashless services, the patient must cover the costs of the services performed in accordance with the applicable price list, then submit an application for a Reimbursement with attached original invoices or receipts for services provided to the Patient. The invoice or receipt should include:*

- a) the data of the patient for whom services were provided, for the reimbursement of costs (at least the patient's name, surname, address). In the event that services are provided to a child, the invoice should be issued for the actual carer or legal guardian of the child, and the invoice should include the data of the child for whom the services were performed;
- b) a list of services performed for the patient (indicated in the content of the invoice) or an attached specification issued by the medical facility providing the services, indicating the name of the service, or a copy of medical records related to the specific service provided;
- c) the number of a specific type of services provided;
- d) service performance date;
- e) service unit price.

*If, following the service cost reimbursement under the LUX MED Reimbursement procedure, LUX MED obtains evidence that the Reimbursement was made upon information, invoices or receipts that are inaccurate given the actual situation indicated in the Application or attached documents (e.g. if the patient submits invoices or receipts for services performed for third parties with the Application), LUX MED shall have the right to claim reimbursement of the amounts paid to the Patient with interest calculated from the date of disbursement of funds under the Reimbursement procedure.*



Payment by way of Reimbursement shall be made on the basis of the Refund Application filed by the patient along with accompanying original invoices or receipts and other required documents, submitted within 3 months from the date of the service.

LUX MED shall reimburse the costs to the bank account number indicated in the Application Form within 30 days from the date of delivery of the complete Application Form.

The Reimbursement Application Form is available at [www.luxmed.pl](http://www.luxmed.pl)

## Dental prophylaxis

Dental prophylaxis is a dental examination that involves assessment of the state of dentition and oral hygiene performed once during a 12-month Agreement term in outpatient Medical Facilities indicated by LUX MED by a dentist specialising in conservative dentistry, and oral hygiene procedures performed by a dental hygienist, and includes the following services:

- Dental consultation
- Dental fluoride treatment (Fluor Protector) 1 dental arch
- Dental fluoride treatment (Fluor Protector) 1/2 of dental arch
- Dental fluoride treatment (Fluor Protector) 2 dental arches
- Instructions on oral hygiene
- Tooth polishing
- Periodontal scaling – complementary
- Periodontal scaling from 1 dental arch
- Periodontal scaling from all teeth
- Deposit removal — sandblasting
- Prophylactic fissure sealing – 1 tooth
- Individual fluoride treatment, topical

## Anaesthesia

The service is performed by dentists in outpatient Medical Facilities indicated by LUX MED and covers the following services:

- Dental anaesthesia with a WAND device
- Dental local infiltration anaesthesia
- Dental local permeation anaesthesia
- Dental intraoral conduction anaesthesia

## Conservative dentistry

The service is performed by dentists in outpatient Medical Facilities indicated by LUX MED and covers the following services:

- Specialist consultation — conservative dentistry

**In addition, the patient is entitled to a 10% discount off the price list of the facility for the following services:**

- Tooth cavity filling 1 surface with regular light-cured material
- Tooth cavity filling 2 surfaces with regular light-cured material
- Tooth cavity filling 3 surfaces with regular light-cured material
- Restoration of damaged incisal angle with regular light-cured material
- Filling – glass ionomer
- Examination of tooth vitality
- Circumpulpal pin inlay
- Cosmetic covering of enamel hypoplasia – composite veneer
- Cosmetic covering of discoloured dentine in anterior teeth – composite veneer
- Treatment of changes of the oral mucosa
- Medicinal dressing on a permanent tooth
- Periodontal pocket irrigation
- Periodontal pocket irrigation and drug application
- Cauterisation of interdental papilla

## Dental surgery

The service is performed by dentists in outpatient Medical Facilities indicated by LUX MED and covers the following services:

- Specialist consultation – dental surgery

**In addition, the patient is entitled to a 10% discount off the price list of the facility for the following services:**

- Dental abscess incision – including drainage
- Apicoectomy of a posterior tooth
- Apicoectomy of a posterior tooth, with retrograde root canal filling
- Apicoectomy of an anterior tooth
- Apicoectomy of an anterior tooth, with retrograde root canal filling
- Single-rooted tooth extraction
- Extraction of a tooth by intra-alveolar chiselling
- Extraction of a tooth by extra-alveolar chiselling with formation of a mucoperiosteal flap
- Multi-rooted tooth extraction
- Excision of a gingival flap within 1 tooth
- Excision of nodule, nodule-like lesion, mucocele – dentistry
- Surgical dressing – dentistry
- Dry socket irrigation + application of medication
- Sampling of a biopsy specimen in the oral cavity
- Frenuloplasty, meloplasty, glossoplasty – dentistry
- Enucleation of odontogenic cyst
- Surgical tooth extraction – surgically complex
- Surgical exposure of an impacted tooth
- Surgical exposure of an impacted tooth with bracket attachment

- Surgical extraction of a partially impacted tooth
- Repositioning and immobilisation of an avulsed tooth

### **Dental X-ray (medium conforming with the standard applicable in a given medical facility):**

The service includes provision of the following services in outpatient Medical Facilities indicated by LUX MED, based on a referral from a dentist from these facilities, with a 10% discount off the price list of the said clini

- Single tooth X-ray

### **Guarantee**

The patient is provided with a 24-month guarantee for final conservative fillings used in permanent teeth. A precondition to obtaining the guarantee is to attend follow-up visits in outpatient Medical Facilities indicated by LUX MED at least once in the 12-month Agreement term or according to an individually agreed schedule, and undergo tartar and deposit removal and fluoride treatment procedures once in the 12-month Agreement term or according to an individually agreed schedule in outpatient Medical Facilities indicated by LUX MED, compliance with dentist's recommendations, maintaining oral hygiene as instructed by the dentist and/or dental hygienist.

*Note: The guarantee does not cover conditions occurring as a result of: non-attendance at follow-up and prophylaxis visits, non-compliance with dentist's recommendations, mechanical injuries, accidents, missing posterior teeth (lack of support zones), pathological dental wear (bruxism) or other functional impairments of the masticatory apparatus, physiological bone atrophy and periodontal lesions, general co-morbidities affecting the stomatognathic system (diabetes, osteoporosis, epilepsy, history of radiotherapy and chemotherapy), or temporary fillings (e.g. provided until a prosthesis is prepared).*

*The Dentistry Option I service does not cover services provided under general anaesthesia.*

\* Standard – commonly available and commonly used in Poland

This document in its English version is only of informative character, in case of any interpretation doubts or discrepancies between Polish and English version, the Polish one is applicable.