

Extended package

For adults and children
(age 0-70)



The Extended Package is a range of services intended for patients aged 0 to 70 who want to provide **themselves or their family members with a level of healthcare that matches their individual needs and expectations**. The Extended Package provides you with access to appointments and consultations with selected specialists, outpatient procedures, preventive, diagnostic and imaging scans and tests, as well as home visits.

Payment options	Amount of instalment
Payment in 12 instalment (monthly)	398,00 PLN
Payment in 4 instalments (every 3 months)	1 158,00 PLN
Payment in 2 instalments (every 6 months)	2 268,00 PLN
Lump payment	4 296,00 PLN
Monthly rate in a case of annual payment	358,00 PLN

The contract is concluded for 12 months

Extended Package:

Scope of medical care	
Medical Helpline	•
Online Consultations	•
Healthcare specialists consultations	•
Healthcare specialists consultations (20 for adults, 14 for children)	•
On-duty physician consultations	•
Consultations of mental health and speech development specialists - limited	•
Dietician consultations – option I	•
Influenza and tetanus vaccinations	•
Nursing procedures	•
Outpatients procedures (45)	•
Laboratory test panel (no referral needed)	•
Laboratory and imaging diagnostics (446)	•
Allergy tests	•
Physiotherapy - option I	•
Preventive health check – option I	•
Home visits	•
Dentistry – option I	•
Second Medical Opinion	•
10% discount on other services offered by LUX MED and Medycyna Rodzinna	•
10% discount on medical procedures provided in PROFEMED	•
Access to LUX MED Group's (LUX MED and Medycyna Rodzinna) own facilities listed at www.luxmed.pl	•
Nationwide network of partner facilities listed at http://www.luxmed.pl/placowkiwspolpracujace	•

* 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.

Other benefits

LUX MED Hospital Insurance Orthopaedic Care	•
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The insurance is shared by LUX MED Sp. z o. o., which concluded an Insurance Agreement with LMG Försäkrings AB S. A. Branch in Poland. LUX MED Sp. z o. o. finances the premium for people it registers for insurance.

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, paediatrics 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 (from the age of 18 years)
- pediatrics (under the age of 18 years)
- pediatric nursing
- obstetrics

Note: 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 addiction and postcoital contraception (emergency contraception) 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
- Paediatrics
- Family doctor

Note: 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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Specialist consultations include an interview, advice by a specialist along with the basic activities necessary to make the diagnosis, taking the appropriate therapeutic decision and treatment monitoring.

For the:

Patients over 18 years of age – visits without any referral relate to consultations within the following scope:

- allergology
- dermatology
- endocrinology
- general surgery
- diabetology
- gastroenterology

- gynaecology
- haematology
- cardiology
- laryngology
- nephrology
- neurology
- ophthalmology
- oncology
- optometry
- orthopaedics
- pulmonology
- proctology
- rheumatology
- urology

Patients up to 18 years of age – visits without any referral relate to consultations within the following scope:

- surgery
- dermatology
- gynaecology (from the age of 16)
- laryngology
- neurology
- ophthalmology
- orthopaedics

Patients up to 18 years of age – visits require a referral from a physician employed by a Clinic indicated by LUX MED and relate to consultations within the following scope:

- allergology
- gastroenterology
- cardiology
- nephrology
- pulmonology
- rheumatology
- urology

Note: The service Healthcare specialists consultations – option II 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.



Dietician consultations - option I

The service entitles the Patient to attend 3 dietary consultations within a 12-month term of the agreement, including interview, dietary recommendations (without creating an individual diet) in outpatient Medical Facilities indicated by LUX MED.

For the:

Patients over 18 years of age – visits without a referral

Patients up to 18 years of age – visits require a referral from a physician employed by an outpatient Medical Facility.



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
- Paediatrics
- Family physician



Consultation of mental health and speech development specialists

The service entitles the Patient to attend consultation in outpatient Medical Facilities indicated by LUX MED, within the following scope:

For the:

Patients over 18 years of age –total of 3 consultation within a 12-month term of the agreement) **without a referral** relate to consultations within the following scope:

- psychiatry
- psychology
- sex therapy
- speech therapy

Patients up to 18 years of age – total of 3 consultation within a 12-month term of the agreement **visits without a referral** relate to consultations within the following scope:

- psychiatry
- psychology
- speech therapy

Patients up to 18 years of age – 1 consultation within a 12-month term of the agreement **without a referral** relate to consultations within the following scope:

- psychiatry

This includes: medical history taking, specialist advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment. The service does not include professor consultations, neuro speech therapy or speech therapy in deaf and hearing-impaired patients or conducting therapy.



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

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 procedures performed outside of outpatient 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, qualification based on the LUX MED doctor's assessment;
- Nasal administration of mucosa-shrinking medicine as needed
- Application/change/removal of a drain in the ear canal

Outpatient ophthalmologic procedures:

- Standard* ocular fundus examination
- Corrective lens selection (excludes varifocal lenses)
- Gonioscopy (iridocorneal angle assessment)
- Removal of a foreign body from the eye
- Visual acuity examination
- Standard* autorefractometry
- Medicine instillation into the conjunctival sac
- Standard* intraocular pressure measurement
- Standard* stereoscopic vision examination
- Lacrimal duct irrigation (refers to: Patients over 18 years of age)

Outpatient orthopaedic procedures:

- Adjustment of small orthopaedic devices – small joints
- Reposition of a dislocation or fracture
- Preparation: traditional cast – tape
- Plaster cast application
- Lower limb plaster cast removal
- Upper limb plaster cast removal
- Placement/change/removal - small dressing

Outpatient dermatological procedures:

- Standard* dermatoscopy

Outpatient gynaecological procedures:

- Standard* pap smear

Outpatient allergological procedures:

- Desensitisation with allergist consultation

Anaesthesia

- Local (infiltration or permeation) anaesthesia

Note: Medical materials and products, such as: traditional plaster cast, 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
- beta-hCG

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

- Urine – general analysis
- Blood count + platelet count + automated smear
- Fasting glucose
- Standard* Pap smear (available for Patients over 16 years of age)
- Strip CRP

* 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
- Manual blood smear
- Platelets
- INR / Prothrombin time
- Thrombin time – TT
- D – dimers
- 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)
- 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
- Cortisol in the afternoon
- Cortisol in the morning
- Prolactin 120' after administration MCP 1 tablet
- Prolactin 30' after administration of MCP 1 tablet
- Prolactin 60' after administration of MCP 1 tablet
- Prolactin
- TSH / hTSH
- Estradiol
- FSH
- Free T3
- Free T4
- Total Beta-hCG
- LH
- Progesterone
- Testosterone
- Free testosterone
- AFP – alpha-fetoprotein
- Free PSA
- Total PSA
- CEA – carcinoembryonic antigen
- CA 125
- CA 15.3 – breast cancer antigen
- CA 19.9 – gastrointestinal cancer 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
- A-microsomal/anti-TPO antibodies
- Antithyroglobulin / anti-TG antibodies
- CMV antibodies IgG
- CMV antibodies IgM
- HBs Ab/antibodies;
- HCV Ab/antibodies
- Helicobacter pylori IgG, quantitative;
- HIV-1/HIV-2
- EBV/mononucleosis – latex
- EBV / mononucleosis IgG
- EBV / mononucleosis IgM
- Rubella IgG
- Rubella IgM
- Toxoplasma IgG
- Toxoplasma IgM
- Chlamydia trachomatis IgA antibodies
- Chlamydia trachomatis IgG antibodies
- Chlamydia trachomatis IgM antibodies
- HbC Ab IgM

Urine tests with taking test samples (urine):

- Urine – general analysis
- Vanillylmandelic acid (VMA) in urine
- 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
- Delta - aminolevulinic acid (ALA)
- Delta - aminolevulinic acid (ALA) in 24-hour urine collection
- Potassium (K) — urine
- Potassium (K) — urine/ 24-hour urine collection
- Catecholamines (noradrenaline, adrenaline) in a daily urine sample
- Cortisol in 24-hour urine collection
- Metoxycatecholamines in 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
- Ear swab – anaerobic culture
- Ear swab – aerobic culture
- Eye swab – aerobic culture
- Nasal swab
- Nasal 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
- Wound swab
- Wound swab – anaerobic culture
- Stool culture for SS
- Vaginal microbiological test (vaginal biocenosis)
- Semen culture — aerobic
- Sputum culture
- Endocervical swab
- Endocervical smear – anaerobic culture
- Culture for GC (GNC) Endocervical swab
- Stool culture for Pathogenic E. Coli in children up to 2 years
- Stool culture for Yersinia enterocolitica
- Urethral swab
- Urethral swab – anaerobic culture

Faecal tests with taking test samples:

- Stool analysis
- Faeces analysis for parasites, 1 assay
- Faecal occult blood (FOB)
- Faecal analysis for rota- and adenovirus
- Faecal ELISA analysis for lamblia

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):

- Mycological examination – toenail fungal culture
- Mycological examination – fingernail fungal culture
- Mycological examination – hair fungal culture
- Mycological examination – skin fungal culture
- Mycological examination – skin scraping fungal culture
- Stool culture for yeast-like fungi
- Urine culture for yeast-like fungi
- Sputum culture for yeast-like fungi
- Abscess content culture for yeast-like fungi
- Secretion culture for yeast-like fungi
- Swab culture for yeast-like fungi
- Urethral swab culture for yeast-like fungi
- Pharyngeal / tonsil swab culture for yeast-like fungi
- Endocervical smear culture for yeast-like fungi
- Nasal swab culture for yeast-like fungi
- Nasopharyngeal swab – culture for yeast-like fungi
- Eye swab culture for yeast-like fungi
- Vaginal swab culture for yeast-like fungi
- Wound smear culture for yeast-like fungi
- Ear swab culture for yeast-like fungi
- Oral swab – culture for yeast-like fungi
- Tongue swab – culture for yeast-like fungi

Toxicological tests with taking test samples (blood):

- Digoxin
- Lead

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

- Mounting of a standard* Holter ECG monitor (for 24h) in an office
- Mounting Holter RR (for 24h) device in an office

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 – X-ray tomography
- 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/Stevers
- 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
- Temporomandibular joint functional X-ray
- Urography (with standard contrast agents)
- X-ray of nasopharynx
- Shoulder X-ray (transthoracic)
- Shoulder X-ray, AP + axial
- Clavicular X-ray

Ultrasound examinations:

- Abdominal ultrasound
- Urinary tract ultrasound
- Breast ultrasound

- Thyroid ultrasound
- Transabdominal prostate ultrasound
- Transvaginal gynaecological ultrasound
- Transabdominal gynaecological ultrasound
- Testicular ultrasound
- Salivary gland ultrasound
- Transrectal prostate ultrasound
- Ultrasound / Doppler ultrasound of carotid arteries and vertebral arteries
- Ultrasound / Doppler ultrasound of lower limb arteries
- Ultrasound/Doppler ultrasound of upper limb arteries
- Ultrasound/Doppler ultrasound of lower limb veins
- Ultrasound/Doppler ultrasound of upper limb veins
- Ultrasound/Doppler ultrasound of the abdominal aorta and pelvic arteries
- Ultrasound/Doppler ultrasound of hepatic vessels (assessment of hepatic portal circulation)
- ultrasound/Doppler ultrasound of renal arteries;
- Ultrasound/Doppler ultrasound of intracranial arteries
- Hip joints ultrasound – for children
- Hip joints ultrasound + orthopaedic consultation (up to 1 year of age)
- Hip joint ultrasound
- Knee joint ultrasound
- Elbow joint ultrasound
- Ankle joint ultrasound
- Shoulder ultrasound
- Subcutaneous tissue ultrasound (lipomas, fibromas, etc.)
- Post-traumatic muscle haematoma ultrasound
- Lymph node ultrasound
- Wrist ultrasound
- Ultrasound of ligaments, muscles, small joints
- Ultrasound of metatarsal
- Ultrasound of the plantar aponeurosis
- Finger and metacarpophalangeal joint ultrasound
- Achilles tendon ultrasound;
- Urinary tract ultrasound + TRUS
- Trans-fontanelle ultrasound
- Echocardiography – cardiac ultrasound

Endoscopic examinations with endoscopic biopsy specimen sampling:

- Anoscopy
- Gastroscopy (with urease test)
- Rectoscopy
- Sigmoidoscopy
- Colonoscopy
- Histopathological examination — endoscopy biopsy material

Magnetic resonance imaging with standard contrast agents:

- MR – magnetic resonance of head
- MR – magnetic resonance, angiography head
- MR – magnetic resonance head + angiography
- MR – magnetic resonance, head and pituitary gland
- MR – magnetic resonance, splanchnocranium
- MR – magnetic resonance of abdomen
- MR – magnetic resonance of small pelvis
- MR – magnetic resonance of bone pelvis
- MR – magnetic resonance of abdomen and small pelvis;
- MR – magnetic resonance of thorax
- MR – magnetic resonance of lumbar spine
- MR – magnetic resonance of thoracic spine
- MR – magnetic resonance of cervical spine
- MR – magnetic resonance of orbits
- MR – magnetic resonance of sinuses
- MR – magnetic resonance of pituitary gland
- MR – magnetic resonance of shoulder joint
- MR – magnetic resonance of elbow joint
- MR – magnetic resonance of knee joint
- MR – magnetic resonance of wrist
- MR – magnetic resonance of ankle joint
- MR – magnetic resonance of hip joint
- MR – magnetic resonance of sacroiliac joints
- MR – magnetic resonance of foot
- MR – magnetic resonance of lower leg
- MR – magnetic resonance of upper leg
- MR – magnetic resonance of forearm
- MR – magnetic resonance of arm
- MR – magnetic resonance of hand

Computer tomography with standard contrast agents:

- CT – computed tomography of head
- CT – computed tomography of facial skeleton
- CT – computed tomography of pituitary gland
- CT – computed tomography of sinuses
- CT – computed tomography of orbits
- CT – computed tomography of temporal bones
- CT – computed tomography of neck
- CT – computed tomography of larynx
- CT – computed tomography of thorax
- CT – low-dose computed tomography of thorax
- CT – computed tomography of thorax (HRCT)
- CT – computed tomography of abdomen

- CT – computed tomography, abdomen (3 phases)
- CT – computed tomography of small pelvis
- CT – computed tomography of bone pelvis
- CT – computed tomography of abdomen and small pelvis
- CT – computed tomography of thorax and abdomen
- CT – computed tomography of thorax, abdomen, small pelvis
- CT – computed tomography of neck, thorax, abdomen, small pelvis
- CT – computed tomography of cervical spine
- CT – computed tomography of thoracic spine
- CT – computed tomography of lumbar spine
- CT – computed tomography, lumbar + sacral spine
- CT – computed tomography of cervical + lumbar spine
- CT – computed tomography of cervical + thoracic spine
- CT – computed tomography of cervical + thoracic + lumbar spine
- CT – computed tomography of thoracic + lumbar spine
- CT – computed tomography of hip joint
- CT – computed tomography of knee joint
- CT – computed tomography of ankle joint
- CT – computed tomography of wrist
- CT – computed tomography of shoulder joint
- CT – computed tomography of elbow joint
- CT – computed tomography of foot
- CT – computed tomography of upper leg
- CT – computed tomography of lower leg
- CT – computed tomography of arm
- CT – computed tomography of forearm
- CT – computed tomography of hand

Other diagnostic tests and examinations:

- Spirometry without medication
- Spirometry – diastolic test
- Standard audiometry*
- Lumbar spine densitometry (trabecular bone assessment) – screening
- Densitometry femoral collum (cortical bone assessment) – screening
- Uroflowmetric examination
- Mammography
- Mammography – targeted image
- Computerised visual field test
- Dark adaptation test
- Pachymetry
- Standard* EEG during wakefulness

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, CT, MRI and ultrasound diagnostic imaging includes a 2D image with no additional options (including extended genetic ultrasound).



Allergy tests – option I

The service includes allergy skin tests. The tests are ordered by a physician from an outpatient Medical Facility indicated by LUX MED, in the following scope:

- Allergist consultation – qualification for tests
- Allergy skin tests – skin prick tests with a product for allergy tests:
 - skin allergy tests – 1 spot
 - skin allergy tests – food allergy panel
 - skin allergy tests – inhaled allergens panel

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.



Preventive health check – option I

Preventive health check – option I is an annual (available **once** during a 12-month term of the agreement) health check, depending on the age and sex of the Patient, including a range of examinations and consultations for the Patient over 18 years of age. The health check starts with an internist visit when medical history is taken and referrals for examinations (according to the indications). The health check concludes with an internist consultation, during which the Patient obtains information on their health status and further recommendations.

The scope of the check for women includes:

- Internist or nurse telephone opening consultation — medical history
- Gynaecological consultation
- Ophthalmological or optometric consultation
- Laboratory tests:

- Urine – general analysis
- faecal occult blood (FOB);
- Blood count + platelet count + automated smear
- Imaging examinations:
 - Transabdominal gynaecological ultrasound or transvaginal ultrasound
- Functional examinations:
 - Resting ECG
- Internist consultation — closing consultation
- ESR
- Fasting glucose
- Lipid profile (CHOL, HDL, LDL, TG)
- GPT/ALT transaminase
- Breast ultrasound and Mammography - women, depending on medical indications
- TSH / hTSH
- Standard* Pap smear
- PA chest X-ray - depending on medical indications
- Abdominal ultrasound

Imaging examinations in justified medical cases

The scope of the check for men includes:

- Internist or nurse telephone opening consultation — medical history
- Ophthalmological or optometric consultation
- Urological consultation;
- Laboratory tests:
 - Urine – general analysis
 - faecal occult blood (FOB);
 - Blood count + platelet count + automated smear
 - ESR
 - PSA panel (PSA, FPSA, FPSA / PSA index)
 - TSH / hTSH
 - Fasting glucose
 - Lipid profile (CHOL, HDL, LDL, TG)
 - GPT/ALT transaminase
 - Creatinine
- Imaging examinations - **in justified medical cases:**
 - PA chest X-ray - depending on medical indications
 - Abdominal ultrasound
- Functional examinations:
 - Resting ECG
- Internist consultation — closing consultation

The scheme is available in outpatient Medical Facilities indicated by LUX MED. In order to make an appointment for scheme implementation, the Patient should contact using the on-line form available on <https://www.luxmed.pl/strona-glowna/kontakt/infolinia.html>

* Standard – commonly available and commonly used in Poland



Physiotherapy - option I

As part of the Physiotherapy option I service, the Patient is entitled to access to **consultations with a physical therapist**. The service includes: a medical history interview, a functional examination, the physical therapist's advice and procedures necessary to make a diagnosis, adopting an appropriate therapeutic decision and determining the mode of rehabilitation. Consultations with a physical therapist does not include rehabilitation and kinesiotherapy activities. The service only includes rehabilitation of the locomotor system and it is provided for the following indications (qualification criteria); i.e. it applies to Patients with:

- orthopaedic traumas
- osteoarthritis
- occupational disorders of the motor organ (confirmed by a relevant medical certificate)
- post-operative scars
- neurological pain syndrome

The procedures are provided on the basis of referrals from physical therapists or Physicians (specialists in the field of orthopaedics, neurology, neurosurgery, rheumatology, rehabilitation medicine, balneology) from an outpatient Medical Facility, specifying the scope and type of rehabilitation procedures, and includes physiotherapy services available at outpatient Medical Facilities indicated by LUX MED. The service is limited and covers performance of a total of the following services within a 12-month term of the agreement: **10 physical therapy procedures and 3 kinesiotherapy procedures (including therapeutic massage)** from the following range of physical therapy and kinesiotherapy procedures:

- Physical therapy – electrical stimulation of muscle of the lower limb
- Physical therapy – electrical stimulation of muscle of the upper limb
- Physical therapy – phonophoresis lumbar spine
- Physical therapy – phonophoresis thoracic spine
- Physical therapy – phonophoresis cervical spine
- Physical therapy – phonophoresis wrist
- Physical therapy – phonophoresis lower leg
- Physical therapy – phonophoresis forearm
- Physical therapy – phonophoresis arm
- Physical therapy – phonophoresis hand
- Physical therapy – phonophoresis shoulder joint
- Physical therapy – phonophoresis hip joint
- Physical therapy – phonophoresis knee joint
- Physical therapy – phonophoresis elbow joint

- Physical therapy – phonophoresis ankle joint
- Physical therapy – phonophoresis foot
- Physical therapy – phonophoresis upper leg
- Physical therapy – galvanotherapy lumbar spine
- Physical therapy – galvanotherapy thoracic spine
- Physical therapy – galvanotherapy cervical spine
- Physical therapy – galvanisation wrist
- Physical therapy – galvanisation lower leg
- Physical therapy – galvanisation forearm
- Physical therapy – galvanisation arm
- Physical therapy – galvanisation hand
- Physical therapy – galvanisation shoulder joint
- Physical therapy – galvanisation hip joint
- Physical therapy – galvanisation knee joint
- Physical therapy – galvanisation elbow joint
- Physical therapy – galvanisation ankle joint
- Physical therapy – galvanisation foot
- Physical therapy – galvanisation upper leg
- Physical therapy – ionophoresis lumbar spine
- Physical therapy – ionophoresis thoracic spine
- Physical therapy – ionophoresis cervical spine
- Physical therapy – ionophoresis wrist
- Physical therapy – ionophoresis lower leg
- Physical therapy – ionophoresis forearm
- Physical therapy – ionophoresis arm
- Physical therapy – ionophoresis hand
- Physical therapy – ionophoresis shoulder joint
- Physical therapy – ionophoresis hip joint
- Physical therapy – ionophoresis knee joint
- Physical therapy – ionophoresis elbow joint
- Physical therapy – ionophoresis ankle joint
- Physical therapy – ionophoresis foot
- Physical therapy – ionophoresis upper leg
- Physical therapy – ionophoresis lumbar spine
- Physical therapy – local cryotherapy thoracic spine
- Physical therapy – local cryotherapy cervical spine
- Physical therapy – local cryotherapy wrist
- Physical therapy – local cryotherapy lower leg
- Physical therapy – local cryotherapy forearm
- Physical therapy – local cryotherapy arm
- Physical therapy – local cryotherapy hand
- Physical therapy – local cryotherapy shoulder joint
- Physical therapy – local cryotherapy hip joint
- Physical therapy – local cryotherapy knee joint
- Physical therapy – local cryotherapy elbow joint
- Physical therapy – local cryotherapy ankle joint
- Physical therapy – local cryotherapy foot
- Physical therapy – local cryotherapy upper leg
- Physical therapy – low-energy laser therapy lumbar spine
- Physical therapy – low-energy laser therapy thoracic spine
- Physical therapy – low-energy laser therapy cervical spine
- Physical therapy – low-energy laser therapy wrist
- Physical therapy – low-energy laser therapy lower leg
- Physical therapy – low-energy laser therapy forearm
- Physical therapy – low-energy laser therapy arm
- Physical therapy – low-energy laser therapy hand
- Physical therapy – low-energy laser therapy shoulder joint
- Physical therapy – low-energy laser therapy hip joint
- Physical therapy – low-energy laser therapy knee joint
- Physical therapy – low-energy laser therapy elbow joint
- Physical therapy – low-energy laser therapy ankle joint
- Physical therapy – low-energy laser therapy foot
- Physical therapy – low-energy laser therapy upper leg
- Physical therapy – low-energy laser therapy lumbar spine
- Physical therapy – low-energy laser therapy thoracic spine
- Physical therapy – low-energy laser therapy cervical spine
- Physical therapy – low-energy laser therapy wrist
- Physical therapy – low-energy laser therapy lower leg
- Physical therapy – low-energy laser therapy forearm
- Physical therapy – low-energy laser therapy arm
- Physical therapy – low-energy laser therapy hand
- Physical therapy – low-energy laser therapy shoulder joint
- Physical therapy – low-energy laser therapy hip joint
- Physical therapy – low-energy laser therapy knee joint
- Physical therapy – low-energy laser therapy elbow joint
- Physical therapy – low-energy laser therapy ankle joint
- Physical therapy – low-energy laser therapy foot
- Physical therapy – low-energy laser therapy upper leg
- Physical therapy – low-energy laser for scars excluding CO2 laser
- Physical therapy – magnetic field therapy lumbar spine
- Physical therapy – magnetic field therapy thoracic spine
- Physical therapy – magnetic field therapy cervical spine
- Physical therapy – magnetic field therapy wrist
- Physical therapy – magnetic field therapy lower leg
- Physical therapy – magnetic field therapy forearm
- Physical therapy – magnetic field therapy arm
- Physical therapy – magnetic field therapy hand
- Physical therapy – magnetic field therapy shoulder joint
- Physical therapy – magnetic field therapy hip joint
- Physical therapy – magnetic field therapy knee joint
- Physical therapy – magnetic field therapy elbow joint
- Physical therapy – magnetic field therapy ankle joint
- Physical therapy – magnetic field therapy foot
- Physical therapy – magnetic field therapy upper leg
- Physical therapy – diadynamic currents therapy lumbar spine
- Physical therapy – diadynamic currents therapy thoracic spine
- Physical therapy – diadynamic currents therapy cervical spine
- Physical therapy – diadynamic currents therapy wrist
- Physical therapy – diadynamic currents therapy lower leg
- Physical therapy – diadynamic currents therapy forearm
- Physical therapy – diadynamic currents therapy arm
- Physical therapy – diadynamic currents therapy hand
- Physical therapy – diadynamic currents therapy shoulder joint
- Physical therapy – diadynamic currents therapy hip joint
- Physical therapy – diadynamic currents therapy knee joint
- Physical therapy – diadynamic currents therapy elbow joint
- Physical therapy – diadynamic currents therapy ankle joint
- Physical therapy – diadynamic currents therapy foot
- Physical therapy – diadynamic currents therapy upper leg

- Physical therapy – interferential currents therapy lumbar spine
- Physical therapy – interferential currents therapy thoracic spine
- Physical therapy – interferential currents therapy cervical spine
- Physical therapy – interferential currents therapy wrist
- Physical therapy – interferential currents therapy lower leg
- Physical therapy – interferential currents therapy forearm
- Physical therapy – interferential currents therapy arm
- Physical therapy – interferential currents therapy hand
- Physical therapy – interferential currents therapy shoulder joint
- Physical therapy – interferential currents therapy hip joint
- Physical therapy – interferential currents therapy knee joint
- Physical therapy – interferential currents therapy elbow joint
- Physical therapy – interferential currents therapy ankle joint
- Physical therapy – interferential currents therapy foot
- Physical therapy – interferential currents therapy upper leg
- Physical therapy – TENS currents therapy lumbar spine
- Physical therapy – TENS currents therapy thoracic spine
- Physical therapy – TENS currents therapy cervical spine
- Physical therapy – TENS currents therapy wrist
- Physical therapy – TENS currents therapy lower leg
- Physical therapy – TENS currents therapy forearm
- Physical therapy – TENS currents therapy arm
- Physical therapy – TENS currents therapy hand
- Physical therapy – TENS currents therapy shoulder joint
- Physical therapy – TENS currents therapy hip joint
- Physical therapy – TENS currents therapy knee joint
- Physical therapy – TENS currents therapy elbow joint
- Physical therapy – TENS currents therapy ankle joint
- Physical therapy – TENS currents therapy foot
- Physical therapy – TENS currents therapy upper leg
- Physical therapy – ultrasound therapy lumbar spine
- Physical therapy – ultrasound therapy thoracic spine
- Physical therapy – ultrasound therapy cervical spine
- Physical therapy – ultrasound therapy wrist
- Physical therapy – ultrasound therapy lower leg
- Physical therapy – ultrasound therapy forearm
- Physical therapy – ultrasound therapy arm
- Physical therapy – ultrasound therapy hand
- Physical therapy – ultrasound therapy shoulder joint
- Physical therapy – ultrasound therapy hip joint
- Physical therapy – ultrasound therapy knee joint
- Physical therapy – ultrasound therapy elbow joint
- Physical therapy – ultrasound therapy ankle joint
- Physical therapy – ultrasound therapy foot
- Physical therapy – ultrasound therapy upper leg
- Physical therapy – ultrasound (in water)
- Physical therapy – Trabert's current therapy lumbar spine
- Physical therapy – Trabert's current therapy thoracic spine
- Physical therapy – Trabert's current therapy cervical spine
- Physical therapy – Trabert's current therapy wrist
- Physical therapy – Trabert's current therapy lower leg
- Physical therapy – Trabert's current therapy forearm
- Physical therapy – Trabert's current therapy arm
- Physical therapy – Trabert's current therapy hand
- Physical therapy – Trabert's current therapy shoulder joint
- Physical therapy – Trabert's current therapy hip joint
- Physical therapy – Trabert's current therapy knee joint
- Physical therapy – Trabert's current therapy elbow joint
- Physical therapy – Trabert's current therapy ankle joint
- Physical therapy – Trabert's current therapy foot
- Physical therapy – Trabert's current therapy upper leg
- Physical therapy – Trabert's current therapy upper leg
- Kinesitherapy – instructional exercises lumbar spine
- Kinesitherapy – instructional exercises thoracic spine
- Kinesitherapy – instructional exercises cervical spine
- Kinesitherapy – instructional exercises wrist
- Kinesitherapy – instructional exercises shank
- Kinesitherapy – instructional exercises forearm
- Kinesitherapy – instructional exercises arm
- Kinesitherapy – instructional exercises hand
- Kinesitherapy – instructional exercises shoulder joint
- Kinesitherapy – instructional exercises hip joint
- Kinesitherapy – instructional exercises knee joint
- Kinesitherapy – instructional exercises elbow joint
- Kinesitherapy – instructional exercises ankle joint
- Kinesitherapy – instructional exercises foot
- Kinesitherapy – instructional exercises thigh
- Kinesitherapy – function-improving exercises lumbar spine
- Kinesitherapy – function-improving exercises thoracic spine
- Kinesitherapy – function-improving exercises cervical spine
- Kinesitherapy – function-improving exercises wrist
- Kinesitherapy – function-improving exercises shank
- Kinesitherapy – function-improving exercises forearm
- Kinesitherapy – function-improving exercises arm
- Kinesitherapy – function-improving exercises hand
- Kinesitherapy – function-improving exercises shoulder joint
- Kinesitherapy – function-improving exercises hip joint
- Kinesitherapy – function-improving exercises knee joint
- Kinesitherapy – function-improving exercises elbow joint
- Kinesitherapy – function-improving exercises ankle joint
- Kinesitherapy – function-improving exercises foot

- Kinesitherapy – function-improving exercises thigh
- Kinesitherapy – individual therapy lumbar spine
- Kinesitherapy – individual therapy thoracic spine
- Kinesitherapy – individual therapy cervical spine
- Kinesitherapy – individual therapy wrist
- Kinesitherapy – individual therapy lower leg
- Kinesitherapy – individual therapy forearm
- Kinesitherapy – individual therapy arm
- Kinesitherapy – individual therapy hand
- Kinesitherapy – individual therapy shoulder joint
- Kinesitherapy – individual therapy hip joint
- Kinesitherapy – individual therapy knee joint
- Kinesitherapy – individual therapy elbow joint
- Kinesitherapy – individual therapy ankle joint
- Kinesitherapy – individual therapy foot
- Kinesitherapy – individual therapy upper leg
- Kinesitherapy- individual therapy
- Kinesitherapy – lumbar spine traction
- Kinesitherapy – cervical spine traction
- Relaxation therapy – therapeutic spinal massage

The scope of services does not include the costs of physiotherapy for congenital malformations and their consequences, postural defects, perinatal traumas, chronic connective tissue diseases and their consequences, demyelinating diseases and their consequences; neurodegenerative diseases and their consequences; physiotherapy after: surgical procedures not performed in Hospitals of LUX MED Group Companies, coronary events, neurological and cerebrovascular events; urogynaecological physiotherapy, physiotherapy with highly specialist methods (mechanical and neurophysiological methods, osteopathic techniques), as well as diagnostic and functional training services or corrective gymnastics and fitness services. The scope of services does not include aseptic necrosis physiotherapy, physiotherapy of scars/keloid scars or post-burn conditions, or visceral manipulation – internal organ therapy.



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 **PLN 350** per each 12-month Agreement term, of the following performed by dentists services:

- Emergency tooth pulp devitalisation in a deciduous tooth with cavity dressing
- 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

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.

- Extraction of a tooth by extra-alveolar chiselling with formation of a mucoperiosteal flap
- Multi-rooted tooth extraction
- Multi-rooted deciduous 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 clinic

- 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.

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.



Home visits – option I

The service is limited to 1 visit within a 12-month term of the agreement and is carried out by an Emergency Physician at the Patient's place of residence if the place of residence is within the current territorial range of home visits, only in medically justified cases where the Patient is unable to get to the outpatient Medical Facility indicated by LUX MED, excluding direct life-threatening situations. Reasons making it impossible for the Patient to report to the clinic do not include, among others: inconvenient access to the clinic, the need to obtain a prescription or issue a medical certificate for sick leave.

A house call is an emergency service provided solely on the visit request day and aimed at making a diagnosis and starting treatment, whereas treatment continuation and follow-up visits take place in outpatient Medical Facilities indicated by LUX MED. In the case of a home visit, it is impossible to freely choose a physician. A house call request is accepted or refused by a medical dispatcher indicated by LUX MED based on the information provided.

The current territorial coverage of home visits can be found at www.luxmed.pl. In cities where home visits are not provided, the Patient will be reimbursed. Details of reimbursement can be found on the above website. Reimbursement shall be considered reasonable only after the Patient has been qualified for a home visit by the dispatcher.



Second Medical Opinion

The service provided in cooperation with WorldCare International Inc. with its registered office in Boston (Massachusetts; the U.S.) enables you to discuss your diagnosis and treatment plan with specialists collaborating with internationally recognised academic medical centres in the U.S. comprising the WorldCare Consortium, the list of which is available on the website <https://www.worldcare.com/worldcare-consortium-2/>, and to obtain a second medical opinion without leaving Poland. The opinion is issued for the following illnesses and conditions in which a diagnosis was made, injury was found or the need to perform surgical treatment or procedure was identified:

- Cancer
- Heart attack
- Coronary artery disease requiring surgery
- Coma
- Stroke
- Multiple sclerosis
- Paralysis
- Chronic obstructive pulmonary disease
- Emphysema
- Inflammatory bowel disease
- Chronic liver disease
- Renal insufficiency
- Chronic Pelvic Pain
- Diabetes
- Thrombophlebitis and embolism
- Any amputation
- Rheumatoid arthritis
- Major burns
- Sudden blindness due to sickness
- Major organ transplantation
- Neuro-degenerative disease/ Alzheimer's disease
- Deafness
- Hip and knee replacement
- Loss of speech
- Major trauma
- Parkinson's disease

Each submission falling within the above scope is comprehensively analysed in leading medical centres in the U.S. The team of specialists, on the basis of medical records as well as imaging and histopathological examination results, reviews the diagnosis and treatment plan suggested by the primary doctor of the Patient, and then presents a detailed report which may confirm the previous diagnosis and the way of treatment or recommend changing them. The report contains the description of the case, diagnosis, recommendations for further treatment, the list of questions to be discussed by the Patient with his/her physician, information on the specialist and institution issuing a second medical opinion – translated into Polish, as well as data on the latest scientific research and educational materials concerning the case. As part of the service, the Patient may, within 30 days from receiving a second medical opinion, ask additional questions referring to a given illness, the answer to which will be provided electronically. If necessary, in order to discuss the case of the Patient, there is a possibility of holding audio conference between the primary doctor and the specialist issuing a second opinion.

In order to get a second medical opinion, contact WorldCare in Poland by calling 22 133 65 01.

Note: In order to use the Medical Second Opinion service, the Patient must be eligible to receive Health Services under the Benefit Plan covering this service for an uninterrupted period of at least 90 days.

10% discount on other services offered by LUX MED and Medycyna Rodzinna

The Patient is entitled to a 10% discount on medical services, excluding dental services, offered by LUX MED Own Facilities – this applies to LUX MED and Medycyna Rodzinna facilities listed on www.luxmed.pl. The discount is calculated from the price list available in the facility. Discounts may not be combined.

10% discount on medical procedures provided in PROFEMED

The Patient is entitled to a 10% discount on all medical procedures provided in PROFEMED facilities. Information about the rendered services is available on www.profemed.pl. The discount is calculated from the price list available in the facility. Discounts may not be combined.

* Standard – commonly available and commonly used in Poland

LUX MED Hospital Insurance Orthopaedic Care

A hospital policy providing hospital treatment on an elective basis for injuries resulting from an accident.

An accident is an event that has happened regardless of the will and health condition of the Insured, which means that it does not involve illnesses or health conditions, even those occurring suddenly.

The Insurance covers treatment of injuries of the **osteoarticular and muscular system**, except for the spine.

The scope of Lux Med Hospital Insurance – Orthopaedic Care covers the following:

- hospitalisation in the LUX MED Hospitals (within 30 days)
- medical care before and after hospitalisation
- rehabilitation following the procedure
- planned orthopaedic care

The insurance also ensures Hospital Care Coordination in the case of an event requiring the use of medical services of the Hospital, in particular if the Insured has received a referral for hospital treatment.

An up-to-date list of hospitals that the Insured can use within the scope of the insurance policy can be found at opiekaszpitalna.luxmed.pl.

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.