

Crystal Package

Scope of medical care



Crystal Package

 Medycyna
Rodzinna

 PROMEDIS

Terms of joining the scheme

The LUX MED Group has developed a Crystal Medical Care Scheme covering a wide range of specialist examinations and consultations, as well as an attractive discount on services not included in the offer. This medical care scheme is dedicated to persons wishing to take good care of their health.

The offered range includes the recommended medical consultations as a part of the compulsory prophylaxis for the given age group, as well as an extended scope of specialist consultations and diagnostic examinations. With the Crystal Medical Care Scheme, you can take advantage of the professional medical care guaranteed by the LUX MED Group.

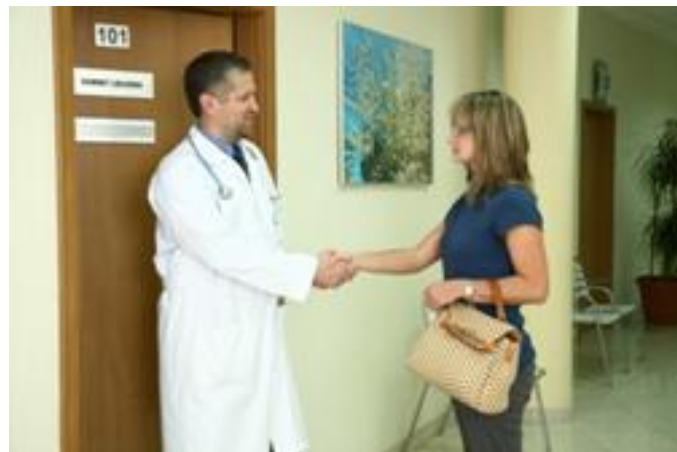
Terms of joining the individual scheme "Crystal"

- The offer is directed to persons aged 15 to 65 years.
- Support for the package takes place only in branches owned to: PROMEDIS, MEDYCYNA RODZINNA indicated on the website www.luxmed.pl during the hours of operation.
- Payment should be made on an individual's bank account specified in the Agreement.

Terms of payment are:

- 1000 PLN (per year) per person for payments paid for a year in advance,
- 1100 PLN (per year) per person for payment, payable in semi-annual installments

- A contract is signed at least a year, with automatic renewal for another.
- If you are interested in our offer, please complete and send the data's form to the following address: sprzedaz_ind@luxmed.pl.
- On the basis of a data's form we prepare two signed on behalf of LUX MED copies of the Agreement, which will be shipped by priority postal address for signature.
- After receiving a agreement, please make your payment on the individual account number and send us confirmation of payment.
- The Contract becomes effective as of the 1st day of the following month, upon receiving by the Sales Department, at least 5 working days before the given month's end, of confirmation of a payment being made to the indicated bank account and the original of signed Contract.



Clients wishing to buy individual medical care can contact us by phone 22 339 37 33 or by sending an enquiry to the e-mail address: sprzedaz_ind@luxmed.pl



Crystal Package

Scopy of medical care – „Crystal”

SCOPE OF MEDICAL CARE	
Package price per person for payments made for the year in advance	1000zł
Package price per person (per year), in the case of semi-annual payments	1100 zł
Extended scope of specialist consultations	✓
Extended scope of diagnostic examinations	✓
Flu vaccinations / tetanus toxoid	✓
Pregnancy care	✓
Consultation outpatient treatment	✓
10% discount on other LUX MED Group services	✓

Definitions of the selected services

Extended scope of specialist consultations

The medical care package gives the patient unlimited access to consultations of specialists in an event of a disease, chronic illnesses, In an emergency setting and in the case of an exacerbation of a chronic condition. Specialist consultations consist of: medical history taking, specialist advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment. Contractor assures no-referral access to the specialists listed below:

- internal diseases;
- gynaecology and obstetrics;
- laryngology;
- ophthalmology;
- dermatology;
- allergology;
- orthopaedy;

- cardiology;
- endocrinology;
- diabetology
- burglary;
- urology;
- allergology;
- gastroenterology;
- nephrology;
- oncology;
- haematology;
- physician on duty.

Extended scope of diagnostic examinations

Extended diagnostic examinations include of laboratory, imaging and functional diagnostics specified below. The number of examinations is unlimited. Outpatient examinations are performed after a referral from a physician from Medycyna Rodzinna or PROMEDIS:

Laboratory diagnostics:

OB, morphology of peripheral blood smear, reticulocyte, INR, APTT, C-reactive protein, ALAT - alanine aminotransferase, AST - aspartate aminotransferase, blood amylase, albumin, total protein, chloride, total cholesterol, HDL cholesterol, LDL cholesterol, alkaline phosphatase, GGT - gamma-glutamyltransferase, glucose - test glucometer, glucose, creatinine, uric acid, magnesium, p / anti-HBs, urea, potassium, sodium, triglycerides, calcium, iron, TIBC - total iron binding capacity, quick test troponinowy / Troponin I, TSH, beta-HCG, PSA, TPHA reaction, ASO, RF-rheumatoid factor, HBs antigen (HBs-Ag), BTA test, blood group, anti-HCV, toxoplasmosis antibody IgG / IGM, the general test + urine sediment, seed stocks, and swabs in the direction of aerobic bacteria - culturing the urine, feces inoculation general, pharyngeal swab, depending on indications Antibiogram addition, the seeds and smear in the direction of aerobic and anaerobic bacteria - swab, ear, eye, nose,



anus, vagina, wounds, vaginal chastity, culturing sputum smear from the cervix, occult blood, cytological study - Gynecological cytology, mycological examination - of plating, mycological, toxicological studies - digoxin, lead.

Imaging diagnostics:

- x-rays examinations: X-ray of the skull, jaw X-ray, sinus X-ray, X-ray of the nose, chest x-ray - AP + side / AP / side, X-ray of ribs, sternum-ray, X-Ray paddles, collars ray, X-ray nasopharynx (third almond), X-ray limb bones (eg, drumsticks , hip, shoulder, forearm), Xrays of joints (eg hock, knee, shoulder, elbow, hip), X-ray of the pelvis, abdominal X-ray, Xray of the sacrum and the cross-lumbar, spine X-ray (eg, lumbar, cross-hip breast, cervical).
- ultrasound examinations: Abdominal ultrasound, pelvic ultrasound, gynecological ultrasound abdominal, gynecological transvaginalne ultrasound, breast ultrasound.

Other diagnostic examinations:

- spirometry;
- audiometry tonal;
- ECG at rest;
- Computer research field of vision;
- examination of intraocular pressure;
- mammography.

Note: The range of subscription does not include investigations ultrasound examination executed in technology 3D / 4D. Names or methods of marker others include can change about with progress procedures or upgrade services standards. It's haven't a bring on range medical care.

Flu vaccinations / tetanus vaccine

We offer flu vaccinations and tetanus vaccine as part of infectious diseases prophylaxis.

The service includes:

- medical consultation before vaccination;
- vaccine (the medicinal product);
- nursing service consisting of giving an injection.

Pregnancy care



Care of physiological pregnancy in accordance with the standard procedure in force in the LUX MED Group includes the care of a gynaecologist, the necessary consultations, the necessary diagnostic tests and active health advising related to the physiology of pregnancy and delivery course.



Crystal Package

Basket of services includes:

- Pap smears;
- blood group and Rh factor and antibody immune to red blood cells;
- immune antibodies to red blood cells (BTA);
- blood cell count;
- urine analysis;
- testing blood glucose at fasting;
- testing of fasting blood glucose and 2 hours. after oral administration of 75 g glucose;
- VDRL;
- HBsAg positive;
- anti-HBV;
- anti-HCV;
- anti-HIV antibodies;
- in the direction of rubella antibodies (IgG, IgM);
- in the direction of toxoplasma antibodies (IgG, IgM);
- in the direction of cytomegalovirus antibodies (IgG, IgM);
- culture in the direction of beta-hemolytic streptococci from the vagina and anal;
- seeding of the cervical canal;
- ultrasound of the uterus and appendages.

Consultation Outpatient Procedures

Services in the form of procedures that can be performed by a physician or a nurse Turing medical consultation appropriate for the procedure or after medical consultation in an outpatient setting. The scope of consultation outpatient procedures depends on the scope of specialist consultations to which you are entitled for the subscription fee. If access to consultations with all specialists is ensured, consultation outpatient procedures include:

General medical outpatient procedures:

- swabbing/culture sample collection;
- blood pressure measurement;

- height and bodyweight measurement;
- desensitisation (Patient's drug).

Surgical outpatient procedures:

- application and change of a simple dressing not requiring surgical treatment;
- swabbing and culture sample collection;
- removing sutures after procedures performed at the Contractor's own centre's;
- removing sutures after procedures performed outside the Contractor's own centre's –
- case classification after assessment by a physician (we do not remove sutures after delivery);
- local anesthesia;
- tick removal.

ENT outpatient procedures:

- application and removal of anterior nasal packing;
- insufflation (catheterisation) of Eustachian tube;
- coagulation of nasal septum vessels;
- removal of a foreign body from the nose or ear;
- application/change of another ENT dressing;
- application/change/removal of a drain;
- rinsing ear/nose;
- indirect laryngoscopy;
- intranasal administration of a drug constricting nasal mucosa.

Ophthalmologic outpatient procedures:

- funduscopy;
- intraocular pressure measurement;
- removal of a foreign body from the eye;
- visual acuity examination;
- subconjunctival injection;
- autorefractometer examination;
- administration of a drug into the conjunctival sac;



Crystal Package

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- conjunctival sac irrigation;
- gonioscopies;
- spectacle selection.

Orthopaedic outpatient procedures:

- application/change/removal of a plaster dressing;
- fracture reposition (if the standard of the outpatient centre allows it);
- application/change of a dressing;
- intraarticular and periarticular injections;
- joint puncture – sample collection for testing;
- application of a flexible band;
- application of a splint/sling;
- application/adjustment of an orthosis or stabilizer.

Dermatological outpatient procedures:

- dermatoscopy;
- swabbing/culture sample collection.

Gynaecologic outpatient procedures:

- sample collection for cytological test.

Nursing outpatient procedures:

- administering an oral drug;
- subcutaneous;
- intramuscular or intravenous injection;
- starting drip infusion;
- application/change of a dressing not requiring surgical treatment;
- blood drawing.



Note: The above procedures are performed within the framework of a complementary consultation if they are available at the centre. Medical materials and devices, i.e.: traditional and synthetic plaster, wound dressings, bandages, cannula, syringes, cotton swabs, adhesive stripes, needles, disinfection agents, surgical sutures and threads, used for the above procedures, are free of charge. Other materials and medicinal products used in the abovementioned procedures need to be paid for by the patient with a 10% discount.

LUX MED Group discount

Each package owner is entitled to a 10% discount on all medical services offered by LUX MED Group Medical Centre.

Note: Discounts do not accumulate.

