

# Ruby Package

Scope of medical care



**GRUPA**  
**LUX**  
**MED**

## Terms of joining the scheme

The LUX MED Group has developed a "Ruby" 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 directed to persons wishing to take good care of their health.

The offered range includes, among other things, full-scope specialist consultations on a broad range of diagnostic examinations, vaccinations, allergy skin tests, etc., as well as professional dental care, rehabilitation and house calls. With the "Ruby" medical care scheme, you can take advantage of the professional medical care guaranteed by the LUX MED Group.

## Terms of joining the individual scheme "Ruby"

- The offer is directed to persons aged 15 to 65 years.
- Support for the package takes place only in branches owned to: LUX MED, CM LIM, PROMEDIS, MEDYCYNA RODZINNA indicated on the website [www.luxmed.pl](http://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:
  - 2500 PLN (per year) per person for payments paid for a year in advance.
  - 2750 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](mailto: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 Niven 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](mailto:sprzedaz_ind@luxmed.pl)



## Scope of medical care – „Ruby”

SCOPE OF MEDICAL CARE	
Package price per person for payments made for the year in advance	2500 PLN
Package price per person (per year), in the case of semi-annual payments	2750 PLN
Complex specialist consultation	✓
Psychologist/sexologist/andrologist/psychiatrist consultations (Total 2 x 3 in a year)	✓
Complex diagnostics examinations	✓
Free contrast for CT and MRI examinations	✓
Flu vaccinations/tetanus toxoid	✓
Allergy skin tests	✓
Pregnancy care	✓
House visits	4 in a year
Consulation outpatient treatment	✓
Non-consulation outpatient treatment	✓
Rehabilitation	✓
Prophylactic dentistry	10%
Non-invasive dentist	10%
Dental surgery	✓
HEALTH, BEAUTY, HARMONY Program	✓
10% discount on other LUX MED Group services	✓

## Definitions of the selected services

### Complex 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 noreferral access to the specialists listed below:

- internal diseases (the internist and / or the doctor of family medicine);
- gynaecology and obstetrics;
- surgery;
- laryngology;
- ophthalmology;
- dermatology;
- allergology;
- orthopaedy;
- cardiology;
- neurology;
- urology;
- endocrinology;
- gastroenterology;
- nephrology;
- oncology;
- pulmonology;
- rheumatology;
- haematology;
- physician on duty.

Consultations of other specialists require referral from a Contractor physician, and in the case of children - from a paediatrician. If the required specialist is not available at a Contractor Medical Centre, a Contractor physician can refer the patient for a consultation to a specialist available in Poland, who is not employed at Contractor. Specialists refer the patient, if needed, to an independent academic (PhD, associate professor, full professor) of the appropriate specialty. These consultations are called “professors’ consultations” and require no additional payment.



*Note: This service does not include dentistry, rehabilitation or psychiatry consultations, Or consultations of other specialists, i.e. for example: dietician, speech therapist, psychologist (also sex therapist).*

## **Psychological (including sexology/andrology) and psychiatric consultation**

Within the medical care package patients have access to specialist consultations of a psychiatrist and psychologist (including sexology/ andrology). 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. Psychological and psychiatric consultations are limited to 3 consultations a year for each of these specialties.

## **Diagnostic Examinations – Complex**

Complex 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 Contractor physician:

### **Laboratory diagnostics:**

- haematological and coagulation tests: absolute eosinophilia, leucocytes, OB, erythrocyte sedimentation rate, peripheral blood count with differential count, blood platelets, reticulocytes, prothrombin time, thrombin time (TT), thromboplastin time (INR), D-Dimers, APTT, fibrynogen;
- biochemical and hormonal tests and cancer markers: C-reactive protein, ALAT – alanine aminotransferase, ASPAT – aspartate aminotransferase, amylase, albumins, total protein, total bilirubin, direct bilirubin, chlorides, total cholesterol, HDL cholesterol, LDL cholesterol, creatine

kinase (CPK), lactate dehydrogenase, alkaline phosphatase, acid phosphatase, phosphates, GGTP – gamma-glutamyltranspeptidase, glucose, glucose – curve, creatinine, uric acid, lipid profile, magnesium, urea, potassium, protein profile, sodium, triglycerides, calcium, iron, total IgE, total IgA, total IgG, total IgM, folic acid, vitamin B12, TIBC – total iron binding capacity, iron – absorption curve, ferritin, ceruloplasmin, transferrin, troponin, thyreoglobulin, apolipoprotein A1, lipase, copper, adrenalin (blood level), cortisol, test with metoclopramide, prolactin, TSH, oestradiol, FSH, FT3 (free T3), FT4 (free T4), beta-HCG, LH, progesterone, prolactin, testosterone, AFP, PSA, CEA, CA-125, CA-15.3, CA-19.9;



- serological tests and diagnostics infection: reaction VDRL, ASO, RF, Waaler–Rose test, CoombsaBTA, sign the antibodies the anty of Rh, group of blood, Antigen Hbs (HBs - Aga), ATPO, ATG, cytomegalia of antibody in class the IGG / the IGM, EBV of antibody in class IGG / IGM, antibody anty - Hbs, antibody anty - HCV, Helikobakter pylori, antibody HIV1 / HIV2 as well as the mononukleosis, measles, toxoplasmosis of antibody in class IGG / IGM, chlamydia trachomatis IGG / IGM / IGA, HBc of antibody IGM;
- urinalysis: general investigation + sediment, vanillylmandelic acid protein, phosphates, glucose, creatinine, urinary acid, magnesium, urea, sodium,



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calcium, ALA, copper, potassium, catecholamine, oradrenalin, adrenalin, cortisol, metoxycatecholamines, lead in 24-h urine collection;

- bacteriological examinations: cultures and swabs for aerobic bacteria – urine culture, general faeces culture, throat swab, depending on the indications, additionally antibiogram, ear, eye, nose, vaginal or wound swab, faeces culture for almonella and Shigella, vaginal microbiological test, semen culture, sputum culture, vaginal cervix smear;
- faeces examinations: general investigation in the parasites' direction and on potential blood, parasites for Lamblia and rotaviruses/adenoviruses;
- cytologic examination: gynecological cytology, nose scrape cytology;
- mycological examination with culture, mycological;
- toxic examination: digoxin, lead.

## Imaging diagnostics:

- electrocardiographic examinations: ECG at rest, exercise ECG, 24-h ECG monitoring (Holter of ECG), pressure Holter ECG, "event" Holter ECG;
- x-rays examinations: cranial x-ray, abdominal x-ray, chest x-ray – also with barium contrast, sacral and sacrocaudal bone x-ray, bone x-ray (of the nose, lower leg, femur, arm, forearm, temporal bones), spine x-ray (of the lumbar, sacroiliac, thoracic, cervical spine), x-ray for scoliosis, shoulder blade x-ray, pelvis x-ray, sternum x-ray, mandible x-ray, sinus x-ray, rib x-ray, joint x-ray, limb x-ray, urography, nasopharyngeal x-ray (third tonsil), shoulder x-ray.

In the case of x-ray examinations, the Patient receives the description of the examination and the result of the examination on a carrier determined for the given medical establishment.

- ultrasound examinations: abdominal US, thyroid gland US, gynaecological US through the abdominal wall,

pregnancy US through the abdominal wall, breast US, prostate US through the abdominal wall, ECHO of the heart. transvaginal US, transrectal US of the prostate, US of the parotid glands, US of the testes, Doppler US of the cervical arteries, Doppler US of the cervical veins, Doppler US of limb arteries, Doppler US of limb veins, US of the hip joint, US of the knee joint, Doppler US of the abdominal blood vessels, joint US, tendon US, US of monitoring biopsy, US of soft tissues, US of lymphatic glands, US of larynx, US of wrist, US of change ponds and ligament, US of finger;

- endoscopic examinations: anoscopy, gastroscopy, rectoscopy, sigmoidoscopy, colonoscopy, – taking biopsy specimens for histopathological examination in the case of medical indications;
- ophthalmic examinations: field of vision, eye fundus, adaptation to darkness, intraocular pressure examination, spatial vision examination;
- magnetic resonance imagine (MRI): eye-sockets, gulfs, stipule, of ponds: shoulder abdominal cavity, small basin, chest (from disconnection breast), spine: lumbar, chest, cervical, the head, cubital, genual, hip, wrist alloys (from disconnection dynamic investigations), bottom limb (thigh, shank), upper limb (shoulder, forearm);
- computer tomography (CT): the head (from disconnection the dental the CT), sinus, eyesockets, temple bones, neck of, larynx, of chest (from disconnection the coronary dishes and the heart), the chest the HRCT, abdominal cavity (from disconnection the virtual colonoscopy), the small basin, spine: cervival, chest, lumbar, ponds: hip, genual, ankle, shoulder, cubital, wrist the alloys, CT of soft tissues ( the thigh, the shank, the frame, forearm).

Free-of-charge contrast media for Computed Tomography and Magnetic Resonance Imaging examinations.

## Other diagnostic examinations:

- spirometry;
- audiometry tonal;



- screening densitometry;
- urophlometric examinations;
- biopsy of the thyroid gland – if clinically indicated, with histopathological examination of the biopsy material;
- 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.

**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.



## Skin allergy tests

In frames of service the " Skin allergic tests" we execute - on the doctor's order the LUX MED Group - the skin allergic



tests the method of pricks. The product for skin tests is free of charge.

## Home Visits ( limits – 4 per year)

Medical consultation provided by a physician of ambulance teams (family physician/internal medicine specialist), provided at the patient's place of residence, necessary in view of the Patient's health condition which makes it impossible for the Patient to come to the Medical Centre. Home Visits include only cases of sudden illnesses or sudden clinical condition deterioration, including exacerbations of chronic disorders, except for life-threatening conditions. The purpose of a home visit is to establish the diagnosis and initiate treatment, and treatment continuation and follow-up visits take place at the Medical Centres of the Contractor. In particular, inconvenient transport connection to the Clinic or drawing up a prescription or sick leave certificate does not justify a home visit. A home visit is a service of emergency assistance, which is provided only on the day it is requested. In the case of a home visit it is not possible to freely select the physician. The decision on accepting Or refusing a home visit is made by the Dispatcher, on the basis of the conducted interview.

The service is provided within the administrative borders of the towns where the Contractor has its own medical centres and in their areas – the detailed coverage is described at [www.luxmed.pl](http://www.luxmed.pl)

*Note: Service limited to 4 visits per year.*

## 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;



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- 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;
- 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, cottonswabs, 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.*

## Non-consultation Outpatient Procedures

Services in the form of procedures that are not an integral part of the medical consultation. They may be performed



under local anesthesia and do not require hospitalisation Or operating theatre regime.

The scope of non-consultation outpatient procedures depends on their availability at the given centre of the Contractor. Non-consultation outpatient procedures include:

#### **Surgical outpatient procedures:**

- surgical (thin needle) biopsy of a tumour, prostate, breast, thyroid gland or lymph node, along with histopathological evaluation;
- emergency suturing.

#### **Orthopaedic outpatient procedures:**

- small/large Dessault type immobilization;
- selection and application of orthoses for the knee joint, elbow joint, ankle joint, lumbar/sacral area, wrist;
- selection and application of orthopaedic collar;
- application of synthetic plaster: femoral, on lower leg, on forearm, on arm, of glove type;
- plaster jacket application;
- application of a plaster cast;
- application of a universal sling;
- application of a stabiliser – figure-of-eight dressing;
- application of Stock splint;
- application of a digital splint;
- application of protection on plaster – lower extremity;
- selection of elbow crutches.

#### **Dermatological outpatient procedures:**

- dermatological electrocoagulation (1 spot);
- dermatological cryotherapy;
- cutting and coagulation of skin fibromas;
- curettage/laser surgery of a skin lesion;
- PUVA lamp.

#### **Gynaecologic outpatient procedures:**

- electrocoagulation treatment of erosions;
- cryosurgical treatment of erosions;
- application of an intrauterine device;
- removal of an intrauterine device.

#### **ENT outpatient procedures:**

- ENT cryosurgical procedures;
- sinus puncture;
- Petz procedure of sinus rinsing;
- laryngeal enema;
- closed nasal reposition;
- incision of ear concha haematomas;
- incision of nasal septum haematomas;
- obliterations of tongue basis varices;
- lingual frenum incision.

#### **Other outpatient procedures:**

- premedication, enema, application/change of a catheter, elbow crutches – renting.

*Note: 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.*

#### **Rehabilitation**

The service is intended for Patients:



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- after orthopaedic traumas,
- with osteoarthritis,
- with occupational disorders,
- with neurological pain syndromes.



The service consists of movement therapy (kinesitherapy) and/or using the therapeutic activity of energy (physiotherapy). The scope and type of rehabilitation procedures is determined by the LUX MED/LIM MC physician referring to these procedures in the case of specialist services, and depends on the technical and equipment potential of the Niven centre.

Rehabilitation performed at Contractor clinics includes the following services:

- electrostimulation;

- iontophoresis;
- galvanisation;
- kinesitherapy;
- diadynamic currents;
- interference currents;
- laser therapy;
- manual therapy;
- ultrasound;
- ultrasound in water.

*Note: The subscription fee does not include the costs of rehabilitation in the case of congenital malformations and their consequences, perinatal traumas, chronic connective tissue diseases and their consequences, rehabilitation after surgical procedures within 1 month after the procedure, after coronary events, after neurological and cerebrovascular events, and fitness and corrective gymnastics services.*

## Prophylactic dentistry

Dental services include dental screening one a year, and services along with the necessary materials:

- teeth fluoride treatment;
- scaling;
- fissure sealing;
- air polishing.

## Non-invasive dentist

Services offered by dentists. The range of dentistry services include 10% discount for services along with the necessary materials:

- specialist consultations – dentist, orthodontist, dental surgeon, periodontologist, prosthodontist (treatment plan);
- non-invasive dentistry – including: treatment of carious defects, root canal treatment, dental reconstruction, dry



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- socket, devitalisation, pulp amputation and extirpation, dentin impregnation;
- dental X-ray, pantomogram, local anaesthesia.

Depending on the capabilities of a specific institution, dental services also include Night duty (emergency) between 8 pm and 8 am. Services included in the package are offered free of charge between these hours in the case of pain and in an emergency. The physician on duty decides if emergency treatment is needed.

*Note: The medical care package does not include: orthodontics, prosthetics, periodontal treatment or implants.*

## Dental surgery

The price of services provided by dental surgeons includes 10% discount. Dental surgery services include the following:

- surgical wound management (large or small wound – up to 3 alveoli);
- tooth hemisection;
- abscess incision and drainage;
- closure of oroantral communication or fistula;
- frenoplasty, meloplasty, glossoplasty;
- apicectomy of a posterior tooth, of a posterior tooth with retrograde filling;
- apicectomy of a front tooth, of a front tooth with retrograde filling;
- temporary management of fractured maxilla;
- suture removal in the oral cavity;
- extraction of a uniradicular tooth, uniradicular deciduous tooth;
- extraction of a tooth by intra-alveolar chiselling;
- extraction of a multiradicular tooth, multiradicular deciduous tooth;
- resection of nodule, nodule-like lesion;
- removal of salivary duct calculi;

- enucleation of odontogenic cyst;
- surgical dressing;
- periodontal dressing;
- closure of a sinus opened during tooth extraction;
- bleeding control in the oral cavity.

## Health, Beauty, Harmony Program

A healthy life style is a universal tool for maintaining good physical and mental condition. Each year, we participate in various prevention actions, support many sport and recreational events, are familiar with the latest achievements in the field of medicine, and through our quarterly deliver about the LUX MED Group, we try to explain even the most complex problems related to health. We are convinced that satisfaction in life of each one of us primarily depends on our body's overall condition to which many aspects of what is referred to as healthy lifestyle contribute. Patients may participate in our Health, Beauty, Harmony Program to facilitate a healthy life style.

Within the framework of the Health, Beauty, Harmony Program Patients may Avila themselves with various discounts and special offers of partner companies, which provide health related services (biological treatments, fitness, cosmetics, etc.). As our offer is being continually extended, you will find up to date information at [www.luxmed.pl](http://www.luxmed.pl)

## 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.

