

# Healthy Child Package

Scope of the medical care



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## Terms of joining the scheme

LUX MED Group, basing on many years of experience developed for the youngest, a "Healthy Child" medical program. The program covers a wide range of research and consultation specialist, and an attractive discount for services not covered by the program. The program is dedicated to children from 0 to 15 years of age. The offer consists of recommended medical consultations related to the prevention of a particular age group, laboratory and diagnostic tests, vaccination calendar, dental prophylaxis, home visits and one day surgery.

With the „Healthy Child”, you can take advantage of the professional medical care guaranteed by the LUX MED Group.

## Terms of joining the individual scheme "Healthy Child":

- Program is recommended for any person wishing to provide professional medical care for their children (from 0 to 15 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:
  - 1900 PLN (per year) per person for payments paid for a year in advance,
  - 2090 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 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](mailto:sprzedaz_ind@luxmed.pl)**



## Scope of medical care „Healthy Child”

SCOPE OF MEDICAL CARE	
Package price per person for payments made for the year in advance	1900 PLN
Package price per person (per year), in the case of semi-annual payments	2090 PLN
Complex pediatric consultation	✓
Psychologist/sexologist/andrologist/psychiatrist consultations	✓
Diagnostics examinations	✓
Flu vaccinations / tetanus toxoid	✓
Calendar vaccination	✓
House visits	2 in a year
Consulation outpatient treatment	✓
Non-consulation outpatient treatment	✓
One day surgery	✓
Prophylactic dentistry	✓
10% discount on other LUX MED Group services	✓

## Definitions of medical services

### Complex pediatric 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 (the internist and / or the doctor of family medicine),
- pediatrician,
- children's surgeon,
- children's ortopedic surgeon
- pediatric neurologist.

In addition, the pediatrician is carried out preventive activities.

Consultations with doctors of other specialties require a referral from a LUX MED Group doctor mentioned above.

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.



## Diagnosics

The range of diagnostic tests included the following diagnostic laboratory testing, imaging and functional. The number of examinations is unlimited. Outpatient examinations are performed after a referral from a Contractor physician:

### Laboratory diagnostics:

- haematological and coagulation tests: OB, morphology of peripheral blood smears, reticulocytes, thromboplastin time (INR), PTT;
- biochemical and hormonal tests and cancer markers: c-reactive protein, ALAT, alanine aminotransferase, AST-aspartate aminotransferase, amylase in the blood, albumin, total protein, chloride, total cholesterol, HDL cholesterol, LDL cholesterol, alkaline phosphatase, GGT-gamma-glutamyl transpeptidase, glucose, glucose - meter test, creatinine, uric acid, magnesium, urea, potassium, sodium, triglycerides, calcium, iron, TIBC - total iron binding capacity, TSH;
- serological tests and diagnostics infection: TPHA reaction, ASO, RF-rheumatoid factor, HBs antigen (HBs-Ag), BTA test, blood group, anti-HCV, toxoplasmosis antibody class IgG / IgM;
- urinalysis: general investigation + sediment;
- bacteriological examinations: cultures and swabs for aerobic bacteria – urine culture, general faeces culture;
- faeces examinations: general investigation in the parasites' direction and on potential blood;
- mycological examination with culture, mycological.



### Imaging diagnostics:

- x-rays examinations: cranial x-ray, mandible x-ray, sinus x-ray, abdominal x-ray, chest x-ray AP+side, AP, side, sacral and sacrocaudal bone x-ray, bone x-ray (of the lower leg, femur, arm, forearm), spine x-ray (of the lumbar, sacroiliac, thoracic, cervical spine), shoulder blade x-ray, pelvis x-ray, sternum x-ray, joint x-ray (eg. ankle, knee, shoulder, elbow, hip), nasopharyngeal x-ray (third tonsil), nose x-ray, rib x-ray, clavicle 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, transvaginal US, breast US;
- computer tomography (CT): the head (from disconnection the dental the CT), sinus, eye-sockets, 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: cervical, chest, lumbar, ponds: hip, genual, ankle, shoulder, cubital, wrist the alloys, CT of soft tissues ( the thigh, the shank, the frame, forearm);



## Other diagnostic examinations:

- spirometry;
- audiometry tonal;
- ECG at rest;
- computer field of vision;
- examination of intraocular pressure.

*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.

## Calendar vaccination

The services we perform is compulsory vaccination for:

- children from 0-1 years old - 15% discount on the service,
- children (over 1 years old) and adolescents - a free service.

Vaccinations include all the vaccines listed in the current calendar of prophylactic vaccination in point IA published by the Ministry of Health annual. Compulsory vaccination of children and adolescents by age recommended preparations are made by the Group of LUX MED.

The service includes:

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

*Note: All vaccinations are carried out under medical orders.*

## Home Visits ( limits – 2 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 2 visits per year.*



## Consultation Outpatient Procedures

Services in the form of procedures that can be performed by a physician or a nurse during 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;
- 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;
- 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.*

## 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 Colmar;
- 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.*



## One day surgery

The service includes a discount of 15% for the following range of treatments. The service is performed in a place designated by the contractor in the cities: Warsaw, Krakow, Katowice, Poznań, Wrocław, Gdańsk, Łódź, Bydgoszcz, Olsztyn, Szczecin, Opole.

- subcutaneous tissue incision, drainage of the abscess under local anesthesia;
- Nose surgery polypectomy - unilateral, bilateral;
- Nose surgery Septoplasty;
- Operation nail / bearing / shaft nail - the cleaning, removal;
- Operation of the penis dorsal-lateral incision of the foreskin;
- penis surgery circumcision under local anesthesia / general anesthesia;
- Operation of the penis frenulum of penis elongation;
- undercut frenulum cheek, tongue;
- radical excision of the skin;



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- radical skin excision diathermy, diathermy - surrounding the eye;
- Radical excision of skin atheroma, lipoma;
- Radical excision of skin art.;
- Radical excision of skin, removal of foreign body;
- treatments around the eye - Chalazion, yellow tufts.

## 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.

## 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.*

