“Oak” Medical Care Plan

Comprehensive medical care for adult patients

LUXMED
“Oak” Medical Care Plan
Comprehensive medical care for adult patients
For over 20 years, LUX MED Group has offered the highest level of medical services. As the market leader in private medical services, we provide our patients with comprehensive outpatient, diagnostic and rehabilitation care as well as one day surgery care.

The OAK Health Care Plan is an excellent offer for people who appreciate comprehensive, fully pre-paid, full-range medical care in the LUX MED Group’s modern facilities.

The OAK Health Care Plan is addressed to people aged between 18 and 65, and consultations, diagnostics and procedures can be accessed in more than 70 modern LUX MED Group’s (LUX MED and Medycyna Rodzinna) facilities, listed at www.luxmed.pl and, depending on availability of services, in a nationwide network of over 700 cooperating facilities, listed at www.luxmed.pl/placowki700. The financing system fully covers payments for medical services guaranteed under the Plan, which enables you to receive medical services with no additional payments.

We address your most important medical needs and offer the following:
• unlimited access to doctors of 21 specialties with no referral needed;
• a comprehensive panel of diagnostic tests and examinations (including a wide range of diagnostic imaging procedures: X-ray, ultrasound, computer tomography, magnetic resonance imaging);
• consultations with an allergist and skin allergy tests;
• pregnancy management;
• limited rehabilitation procedures;
• limited home visits as well as 24-hour access to the Medical Hotline and prompt access to an on-duty doctor in emergency situations.

We think of your convenience and save your time by offering:
• e-contracting (for a minimum period of 12 months) along with payments through a comfortable Internet payment system PayU S.A., which makes it possible to activate the Plan on any workday;
• a fully integrated IT system, which makes it possible for any doctor at any facility owned by the Group to electronically access a Patient’s medical history and their test and examination results;
• upon purchasing the Plan, no surcharges for appointments with specialist doctors or examinations listed in the scope of the Plan;
• we offer a system of discounts of 10% on services not covered by the package and provided in the LUX MED Group’s own facilities as well as ability to choose a convenient payment option to pay for the Health Care Plan.

### Method of Payment

<table>
<thead>
<tr>
<th>METHOD OF PAYMENT*</th>
<th>ANNUAL PAYMENT</th>
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</thead>
<tbody>
<tr>
<td>A lump payment</td>
<td>3100 PLN</td>
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<tr>
<td>Payment in two instalments (every 6 months)</td>
<td>2 x 1638 PLN</td>
</tr>
<tr>
<td>Payment in 4 instalments (every 3 months)*</td>
<td>4 x 841 PLN</td>
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*The contract is concluded for 12 months.

If you are interested in our offer:
• use our e-offers module at www.luxmed.pl
• contact our Consultant:
  by calling the number 22 339 37 33 available from Monday to Friday, 8.30 a.m. till 8.00 p.m.;
• write to us at the following e-mail address: sprzedaz_ind@luxmed.pl
## Scope of the “Oak” Medical Care Plan

<table>
<thead>
<tr>
<th>Service</th>
<th>Included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to LUX MED Group’s (LUX MED and Medycyna Rodzinna) own facilities</td>
<td>✔️</td>
</tr>
<tr>
<td>Access to a nationwide network of cooperating facilities offering a range of services listed in the Patient’s Portal</td>
<td>✔️</td>
</tr>
<tr>
<td>Nationwide appointment and examination booking in LUX MED Group’s own facilities (by phone, 22 33 22 888, or through our e-reservation system)</td>
<td>✔️</td>
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<tr>
<td>Text message reminders of scheduled appointments (with a cancellation option)</td>
<td>✔️</td>
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<tr>
<td>Patient’s Portal*</td>
<td>✔️</td>
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<tr>
<td>24 h Medical Hotline</td>
<td>✔️</td>
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<tr>
<td>Consultations with general practitioners and on-duty doctors</td>
<td>✔️</td>
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<tr>
<td>Comprehensive specialist consultations and on-duty doctors</td>
<td>✔️</td>
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<tr>
<td>Psychological and psychiatric consultations</td>
<td>✔️</td>
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<tr>
<td>Comprehensive outpatient consultation procedures</td>
<td>✔️</td>
</tr>
<tr>
<td>Outpatient non-consultation procedures</td>
<td>✔️</td>
</tr>
<tr>
<td>Laboratory test panel (no referral needed)</td>
<td>✔️</td>
</tr>
<tr>
<td>Comprehensive diagnostic tests and examinations</td>
<td>✔️</td>
</tr>
<tr>
<td>Free contrast agents for CT, MRI and ultrasound examinations</td>
<td>✔️</td>
</tr>
<tr>
<td>Flu vaccinations/tetanus anatoxin</td>
<td>✔️</td>
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<tr>
<td>Skin allergy tests</td>
<td>✔️</td>
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<tr>
<td>Pregnancy management</td>
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<tr>
<td>Home visits</td>
<td>✔️</td>
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<tr>
<td>Rehabilitation</td>
<td>✔️</td>
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<tr>
<td>Dental prevention</td>
<td>✔️</td>
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<tr>
<td>Dental X-ray</td>
<td>✔️</td>
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<tr>
<td>Dentistry</td>
<td>✔️</td>
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<tr>
<td>10% discount on other outpatient services provided in LUX MED Group’s own facilities</td>
<td>✔️</td>
</tr>
<tr>
<td>10% discount on medical procedures provided in the LUX MED Hospital</td>
<td>✔️</td>
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</table>

*Patient’s Portal — access to an integrated IT platform (managing one’s Patient file, e-reservations, scheduling/cancelling appointments, access to test and examination results, communicating with a doctor, possibility to order additional LUX MED Group’s individual offers with full management of payments and more)
Detailed definitions of the services

24 h Medical Hotline
Our Patients have access to our 24 h Medical Hotline. They can call the LUX MED Group hotline number 22 33 22 888 to seek help concerning health issues, 24 hours a day. The Medical Hotline team is made up of experienced doctors, nurses and paramedics who collect information from the caller and advise on measures that need to be taken in a given situation. They can also provide information on after-hours pharmacies and emergency hospital services.

Consultations with general practitioners and on-duty doctors
Within the Plan, the Patient has unlimited access to consultations with general practitioners in such cases as onset of an illness, exacerbation in chronic conditions, emergency medical assistance and general medical advice. The consultations include: medical history taking, medical advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment.

During the period covered by the Plan, LUX MED guarantees no-referral access to doctors of the following specialties:
- internal medicine;
- family doctor;
- on-duty doctor: internal, family medicine.

Comprehensive specialist consultations and on-duty doctors
Within the Plan, the Patient has unlimited access to consultations with doctors in such cases as onset of an illness, exacerbation in chronic conditions, emergency medical assistance and general medical advice. Specialist consultations include: medical history taking, specialist advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment.

The Contractor guarantees no-referral access to doctors of the following specialties:
- allergology,
- vascular surgery,
- general surgery,
- dermatology,
- diabetology,
- endocrinology,
- gastroenterology,
- gynaecology,
- haematology,
- cardiology,
- laryngology,
- nephrology,
- neurology,
- ophthalmology,
- oncology,
- orthopaedics,
- pulmonology,
- rheumatology,
- urology
and
- on-duty doctor — general surgery,
- on-duty doctor — orthopaedics.

Consultations with doctors of the following specialties working in the Group’s facilities require a referral from a LUX MED doctor:
- anaesthesiology,
- angiology,
- audiology,
- surgical oncology,
- plastic surgery,
- infectious diseases,
- phlebology,
- phoniatry,
- geriatrics,
- gynaecologic oncology,
- hepatology,
- hypertensiology,
- immunology,
- neurosurgery,
- proctology.

If a doctor of a given specialty listed above is not available in the Group’s facilities or if a given specialty is not offered by the Group, but is available in Poland, a LUX MED doctor can issue a referral to a consultation with a doctor of the required specialty.

Note:
Comprehensive Specialist Consultation services do not include so called professor consultations (performed by doctors with the degree of “doktor habilitowany” (associate professor), and by doctors holding the positions of “docent” (assistant professor), “profesor zwyczajny” (full professor) and “profesor nadzwyczajny” (associate professor)) as well as dentistry, medical rehabilitation, psychiatry consultations or consultations with doctors of other specialties, for example: nutritionist, speech therapist, psychologist (including sex therapist). On-duty doctors are available within the working hours in indicated LUX MED’s own facilities.

Consultations with psychologist, psychiatrist and speech therapist
Within the plan, the Patient is entitled to specialist consultations in the following specialties:
- psychiatry,
- psychology,
- logopaedics.
Specialist consultations include: medical history taking, diagnosis and establishment of the forms of further assistance. These consultations are limited to 3 per year in these specialties (aggregate limit). Consultation with speech therapist doesn’t include minor logopaedics specializations, such as neurologopaedics.

**Comprehensive outpatient consultation procedures**

Services in the form of procedures performed by a doctor or a nurse during a procedure-specific consultation or after a medical consultation, in the outpatient setting. The scope of consultation outpatient procedures depends on the range of specialist consultations included in the patient’s medical care package. The service includes local anaesthesia for a procedure (administered with a medicine): infiltration or permeation, if this is required in a given type of procedure and medically indicated.

In the case of access to all specialists, consultation outpatient procedures include:

**Outpatient general medical procedures:**
- blood pressure measurement;
- height and body weight measurement;
- non-surgical tick removal.

**Outpatient surgical procedures:**
- stitching a wound of up to 3 cm;
- surgical tick removal;
- non-surgical tick removal;
- change/application of a small dressing (requiring no surgical debridement);
- removal of another foreign body without incision;
- suture removal in a treatment room after laryngological procedures performed in the Contractor’s own facilities;
- suture removal after procedures performed outside of the Contractor’s own facilities, qualification based on the doctor’s assessment (we do not remove sutures after childbirth).

**Outpatient laryngological procedures:**
- Eustachian tube examination, insufflation;
- catheterization of Eustachian tube;
- ear irrigation;
- removal of a foreign body from the nose/ear;
- simple laryngological dressing;
- coagulation of blood vessels of the nasal septum;
- nasal tamponade removal;
- bilateral dressing of nasal haemorrhage;
- unilateral dressing of nasal haemorrhage;
- suture removal in a treatment room after laryngological procedures performed in the Contractors’ own facilities;
- suture removal after laryngological procedures performed outside of the Contractor’s own facilities, qualification based on the doctor’s assessment;
- nasal administration of mucosa-shrinking medicine in emergency cases;
- application/change/removal of a drain in the ear canal.

**Outpatient ophthalmologic procedures:**
- ocular fundus examination;
- corrective lens selection (excludes varifocal lenses);
- gonioscopy (iridocorneal angle assessment);
- removal of a foreign body from the eye;
- visual acuity examination;
- autorefractometry;
- medicine instillation into the conjunctival sac;
- intraocular pressure measurement;
- stereoscopic vision examination;
- lacrimal duct irrigation.

**Outpatient orthopaedic procedures:**
- adjustment of small orthopaedic devices — small joints;
- reposition of a dislocation or fracture;
- preparation: traditional cast — tape;
- intra-articular and peri-articular injection;
- intra-articular puncture — taking sample material for examination;
- cast application;
- cast removal from lower limb;
- cast removal from upper limb;
- intra-articular and peri-articular block;
- change/application of a small dressing.

**Outpatient dermatological procedures:**
- dermatoscopy.

**Outpatient gynaecological procedures:**
- performing a standard pap smear.

**Outpatient allergological procedures:**
- desensitisation.

**Outpatient nursing procedures:**
- intravenous injection;
- subcutaneous/intramuscular injection;
- emergency drip administration;
- oral medicine administration in emergency cases;
- body temperature measurement (no referral required);
- change/application of a small dressing;
- taking blood;
- blood pressure measurement (no referral required);
- height and body weight measurement (no referral required).

**Note:**

The above procedures are performed as a complementary consultation if they are available in a given facility. Medical materials and products, such as: traditional plaster cast, dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, disinfectants, surgical sutures and threads, used for the above procedures are free of charge. Other medical materials and products used in the above procedures need to be paid for by the Patient with a 10% discount.
Outpatient non-consultation procedures

Services in the form of procedures not integrally included in a medical consultation. They can be performed under local anaesthesia and do not require hospitalisation or the operating room setting. The service includes local anaesthesia for a procedure (administered with a medicine): infiltration or permeation, if this is required in a given type of procedure and medically indicated. The range of non-consultation outpatient procedures is limited by their availability at the contracting institution. These procedures are performed according to the indications by their availability at the contracting institution.

Outpatient dermatological procedures:

- infiltration or percutaneous treatment;
- Cryotherapy dermatological procedure, up to 7 lesions;
- Electric therapy dermatological procedure, 1 to 6 lesions;
- PUVA lamp.

Outpatient gynaecological procedures:

- removal of an intrauterine device;
- application of an intrauterine device;
- cervical procedures — electrocoagulation;
- cervical and labial procedures — cryocoagulation;
- cervical procedures — cryocoagulation of erosions.

Outpatient laryngological procedures:

- laryngeal clysis;
- incision of the lingual frenulum in the oral cavity;
- incision of haematomas of the nasal septum;
- incision of auricular haematomas;
- sinus puncture;
- coagulation of blood vessels of the nasal septum;
- closed reduction of the nose;
- obliteration of varicose veins at the base of tongue.

- Pretz sinus rinse.

Other outpatient procedures:

- Foley catheter application;
- Foley catheter removal;
- performing an enema;
- hiring elbow or crutches.

Note:

Medical materials and products, such as: traditional plaster cast, dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, disinfectants, surgical sutures and threads, used for the above procedures are free of charge. Other medical materials and products used in the above procedures need to be paid for by the Patient with a 10% discount.

Laboratory test panel (no referral needed)

Within the Plan, the Patient can perform the following test panel once per calendar year, with no referral needed:

- urine — general analysis;
- blood count + platelet count + automated smear;
- total cholesterol;
- fasting glucose;
- cytology.

Comprehensive diagnostic tests and examinations

Comprehensive diagnostic tests include the following laboratory, imaging and functional diagnostic tests and examinations. The number of diagnostic tests and examinations performed is unlimited. Medically indicated diagnostic tests and examinations are performed as part of a diagnostic and therapeutic process in medical facilities indicated by LUX MED, based on referrals issued by LUX MED Group’s doctors.

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 (manual);
- INR/prothrombin time/Quick;
- thrombin time (TT);
- D-dimers;
- APTT;
- fibrinogen.

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

- CRP strip test;
- CRP quantitative;
- GPT/ALT transaminase;
• GOT/AST transaminase;
• amylase;
• albumin;
• total protein;
• total bilirubin;
• direct bilirubin;
• chloride (Cl);
• cholesterol;
• cholesterol strip test;
• HDL cholesterol;
• LDL cholesterol;
• directly measured LDL cholesterol;
• CK (creatine kinase);
• lactate dehydrogenase (LDH);
• alkaline phosphatase;
• acid phosphatase;
• phosphorus (P);
• GGTP;
• fasting glucose;
• glucose meter test;
• glucose 120'/120' after a meal;
• glucose 60'/60' after a meal;
• 50-g oral glucose tolerance test, 1 hour;
• 50-g oral glucose tolerance test, 2 hours;
• 75-g oral glucose tolerance test, 1 hour;
• 75-g oral glucose tolerance test, 2 hours;
• 75-g oral glucose tolerance test, 3 hours;
• 75-g oral glucose tolerance test, 4 hours;
• 75-g oral glucose tolerance test, 5 hours;
• 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;
• troponin strip test;
• thyroglobulin;
• apolipoprotein A1;
• lipase;
• copper;
• cortisol, afternoon;
• cortisol, morning;
• prolactin 120' after administration of 1 MCP tablet;
• prolactin 30' after administration of 1 MCP tablet;
• prolactin 60' after administration of 1 MCP 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 — digestive cancer antigen.

Serological tests and infection diagnostics with taking test samples (blood):
• basic syphilis serology (VDRL or USR or anti-TP);
• ASO quantitative;
• ASO qualitative;
• RF — rheumatoid factor — quantitative;
• latex RF (RF qualitative);
• Waaler-Rose test;
• BTA test;
• blood group (ABO), Rh factor and antibody screening;
• immune antibody screening/alloantibodies (replaces anti-Rh/- antibodies);
• HBs Ag/antigen;
• anti-TPO antibodies;
• 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 antibodies IgG;
• rubella antibodies IgM;
• toxoplasmosis IgG;
• toxoplasmosis 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;
• urine vanillylmandelic acid (VMA);
• P-urine;
• total protein/daily urine sample;
• P-urine/daily urine sample;
• creatinine — urine;
• creatinine — urine/daily urine sample;
• uric acid — urine/daily urine sample;
• uric acid — urine;
• magnesium (Mg) — urine;
• magnesium (Mg) — urine/daily urine sample;
• urea/blood urea nitrogen — urine/daily urine sample;
• sodium (Na) — urine;
• sodium (Na) — urine/daily urine sample;
• calcium (Ca) — urine;
• calcium (Ca) — urine/daily urine sample;
• D-aminolevulinic acid (ALA);
• D-aminolevulinic acid (ALA) in a daily urine sample;
• potassium (K) — urine;
• potassium (K) — urine/daily urine sample;
• catecholamines (noradrenaline, adrenaline) in a daily urine sample;
• cortisol in a daily urine sample;
• catecholamines (noradrenaline, adrenaline) in a daily urine sample;
• faeces analysis for yeasts;
• faeces analysis for yeast-like fungi;
• faeces analysis for rota- and adenovirus;
• faecal occult blood (FOB);
• faecal analysis for parasites, 1 assay;
• faecal analysis for yeast-like fungi;
• faecal ELISA analysis for lamblia.

Mycological tests with taking smear (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 swab fungal culture;
• mycological examination — skin scraping fungal culture;
• mycological examination — toenail scraping fungal culture;
• faeces 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 swab culture for yeast-like fungi;
• endocervical smear culture for yeast-like fungi;
• tonsil swab 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;
• oral swab culture for yeast-like fungi.

Toxicological tests with taking test samples (blood):
• digoxin;
• lead.

Diagnostic imaging:

ECG examinations:
• resting ECG;
• exercise ECG;
• exercise ECG using an ergometer;
• mounting Holter ECG device in doctor’s room;
• mounting Holter ECG device with 12 channels;
• mounting Holter RR device in doctor’s room;
• mounting Holter EVENT device.
X-ray (examination results stored on a medium conforming with the standard applicable in a given clinic):
- cranial X-ray, orbits;
- cranial X-ray, PA + lateral;
- cranial X-ray, PA + lateral + base;
- cranial X-ray, base;
- semi-axial cranial X-ray 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 + side;
- chest X-ray: lateral with barite;
- chest X-ray: other;
- chest X-ray PA + lateral with barite;
- chest X-ray: thyroid, trachea;
- sacrococcygeal X-ray;
- lateral nasal X-ray;
- lower leg X-ray, AP + lateral;
- lower leg X-ray: AP + bilateral;
- upper leg and lower leg X-ray;
- femoral X-ray: AP + left lateral;
- femoral 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, both;
- temporal bone X-ray transorbital;
- temporal bone X-ray by Schuller/Stevens;
- temporal bone pyramid X-ray transorbital;
- hand X-ray, lateral;
- hand X-ray, PA;
- hand X-ray, PA, both;
- finger(s) X-ray, PA + lateral/oblique;
- finger(s) X-ray: AP + lateral/both arms, oblique;
- scaphoid X-ray;
- foot X-ray, AP + lateral/oblique;
- foot X-ray, AP + lateral/oblique, both;
- 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;
- lumbar X-ray: AP + lateral + oblique;
- lumbar X-ray, lateral;
- lumbosacral X-ray, oblique views;
- lumbosacral X-ray, 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;
- cervicothoracolumbar X-ray;
- spinal X-ray: erect;
- spinal X-ray: AP erect (scoliosis);
- spinal X-ray: AP erect + lateral (scoliosis);
- scapular X-ray;
- pelvic and hip joint X-ray;
- sternal X-ray, AP;
- sternal/lateral chest X-ray;
- mandibular X-ray;
- paranasal sinus X-ray;
- rib X-ray (unilateral), 2 oblique views;
- wrist X-ray, lateral;
- wrist X-ray, lateral, both;
- wrist/palm X-ray, PA + lateral/oblique;
- wrist/palm X-ray, PA + lateral/oblique, both;
- bilateral wrist/palm X-ray, PA + lateral/oblique;
- bilateral patellar X-ray;
- bilateral patellar X-ray, axial in 2 positions;
- bilateral patellar X-ray, axial in 3 positions;
- sacroiliac joint X-ray, PA;
- sacroiliac joint X-ray, oblique views;
- 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 + lateral, both;
- knee joint X-ray, lateral;
- elbow joint ultrasound;
- talocrural joint X-ray, AP + lateral;
- talocrural joint X-ray, AP + lateral, both;
- temporomandibular joint functional X-ray;
- urography (with standard contrast agents);
- nasopharyngeal X-ray;
- 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;
- transvaginal obstetric ultrasound;
- obstetric ultrasound (without genetic ultrasound);
- transabdominal gynaecological ultrasound;
- testicular ultrasound;
- salivary gland ultrasound;
- echocardiography — cardiac ultrasound;
- echocardiography — cardiac ultrasound (foetal);
- transrectal prostate ultrasound;
- ultrasound/Doppler ultrasound of carotid 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 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;
- laryngeal ultrasound;
- wrist ultrasound;
- ligaments, muscles, joints, other ultrasound;
- finger and metacarpophalangeal joint ultrasound;
- Achilles tendon ultrasound;
- urinary tract ultrasound + TRUS.

Endoscopic examinations:
- anoscopy;
- gastroscopy;
- rectoscopy;
- sigmoidoscopy;
- colonoscopy;
- local (topical) anaesthesia for endoscopy;
- taking endoscopic biopsy specimens;
- histopathological examination — endoscopic biopsy.

Ophthalmic examinations:
- intraocular pressure measurement;
- computerised visual field test;
- ocular fundus examination;
- stereoscopic vision examination;
- dark adaptation test.

Magnetic resonance imaging with standard contrast agents:
- MR — low-field magnetic resonance head;
- MR — high-field magnetic resonance head;
- MR — high-field magnetic resonance angiography head;
- MR — high-field magnetic resonance head + angiography;
- MR — high-field magnetic resonance splanchnocranium;
- MR — high-field magnetic resonance abdomen;
- MR — high-field magnetic resonance small pelvis;
- MR — high-field magnetic resonance abdomen and small pelvis;
- MR — high-field magnetic resonance thorax;
- MR — low-field magnetic resonance lumbar spine;
- MR — high-field magnetic resonance lumbar spine;
- MR — low-field magnetic resonance thoracic spine;
- MR — high-field magnetic resonance thoracic spine;
- MR — low-field magnetic resonance cervical spine;
- MR — high-field magnetic resonance cervical spine;
- MR — low-field magnetic resonance sacral spine;
- MR — high-field magnetic resonance orbits;
- MR — high-field magnetic resonance sinuses;
- MR — low-field magnetic resonance pituitary gland;
- MR — high-field magnetic resonance pituitary gland;
- MR — low-field magnetic resonance shoulder;
- MR — high-field magnetic resonance shoulder;
- MR — low-field magnetic resonance elbow joint;
- MR — high-field magnetic resonance elbow joint;
- MR — low-field magnetic resonance knee joint;
- MR — high-field magnetic resonance knee joint;
- MR — low-field magnetic resonance wrist;
- MR — high-field magnetic resonance wrist;
- MR — low-field magnetic resonance ankle joint;
- MR — high-field magnetic resonance ankle joint;
- MR — low-field magnetic resonance hip joint;
- MR — high-field magnetic resonance hip joint;
- MR — high-field magnetic resonance sacroiliac joint;
- MR — low-field magnetic resonance foot;
- MR — high-field magnetic resonance foot;
- MR — low-field magnetic resonance lower limb;
- MR — high-field magnetic resonance lower leg;
- MR — high-field magnetic resonance upper leg;
- MR — low-field magnetic resonance upper limb;
- MR — high-field magnetic resonance forearm;
- MR — high-field magnetic resonance arm;
- MR — high-field magnetic resonance hand.

Computer tomography with standard contrast agents:
- CT — computer tomography, head;
- CT — computer tomography, head (2 phases);
- CT — computer tomography, splanchnocranium;
- CT — computer tomography, pituitary gland;
- CT — computer tomography, sinuses;
- CT — computer tomography, orbits;
- CT — computer tomography, temporal bones;
- CT — computer tomography, neck;
- CT — computer tomography, larynx;
- CT — computer tomography, thorax;
- CT — computer tomography, thorax (2 phases);
- CT — computer tomography, thorax (HRCT);
- CT — computer tomography, abdomen;
- CT — computer tomography, abdomen (2 phases);
- CT — computer tomography, abdomen (3 phases);
- CT — computer tomography, small pelvis;
- CT — computer tomography, abdomen and small pelvis;
- CT — computer tomography, thorax and abdomen;
- CT — computer tomography, thorax, abdomen, small pelvis;
As part of infectious disease prevention, we offer vaccinations against seasonal flu and administer tetanus anatoxin.

### Seasonal flu vaccinations/tetanus anatoxin

As part of infectious disease prevention, we offer vaccinations against seasonal flu and administer tetanus anatoxin.

#### The service includes:
- medical consultation before vaccination;
- vaccine (the medicinal product);
- nursing service (injection).

#### Skin allergy tests

The service includes performance of skin prick allergy tests ordered by a LUX MED doctor. The solution for allergy testing is included in the service.
- Skin allergy tests — 1 spot;
- skin allergy tests — food allergy panel;
- skin allergy tests — inhaled allergens panel.

#### Pregnancy management

Physiological pregnancy management in accordance with the LUX MED Group’s standard procedures includes active health advising related to the physiology and the course of pregnancy and delivery as well as the following services:
- gynaecologist consultation — pregnancy care;
- CMV antibodies IgG;
- CMV antibodies IgM;
- fasting glucose;
- 75-g oral glucose tolerance test, 1 hour;
- 50-g oral glucose tolerance test, 1 hour;
- 75-g oral glucose tolerance test, 2 hours;
- blood group (AB0), Rh factor and antibody screening;
- free estriol;
- HBs Ab/antibodies;
- HBs Ag/antigen;
- free beta-hCG;
- HCV Ab/antibodies;
- HIV-1/HIV-2;
- urine — general analysis;
- blood count + platelet count + automated smear;
- AFP — alpha-fetoprotein;
- immune antibody screening/alloantibodies (replaces anti-Rh/-/ antibodies);
- rubella antibodies IgG;
- rubella antibodies IgM;
- basic syphilis serology (VDRL or USR or anti-TP);
- standard pap smear;
- PAPP-A protein;
- toxoplasmosis IgG;
- toxoplasmosis IgM;
- total beta-hCG;
- endocervical smear for GC;
- rectal smear, Group B Streptococcus (GBS) culture;
- vaginal smear for GBS;
- vaginal smear for GC;
- vaginal smear for GC (GNC) culture;
- endocervical smear for GC (GNC) culture;
- obstetric ultrasound;
- transvaginal obstetric ultrasound;
- transabdominal gynaecological ultrasound;
- transvaginal gynaecological ultrasound.

**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 for in this contract. 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.

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- CT — computer tomography, neck, thorax, abdomen, small pelvis;
- CT — computer tomography, cervical spine;
- CT — computer tomography, thoracic spine;
- CT — computer tomography, lumbar spine;
- CT — computer tomography, lumbar + sacral spine;
- CT — computer tomography, cervical + lumbar spine;
- CT — computer tomography, cervical + thoracic spine;
- CT — computer tomography, cervical + thoracic + lumbar spine;
- CT — computer tomography, thoracic + lumbar spine;
- CT — computer tomography, hip joint;
- CT — computer tomography, knee joint;
- CT — computer tomography, ankle joint;
- CT — computer tomography, wrist;
- CT — computer tomography, shoulder;
- CT — computer tomography, elbow joint;
- CT — computer tomography, foot;
- CT — computer tomography, upper leg;
- CT — computer tomography, lower leg;
- CT — computer tomography, arm;
- CT — computer tomography, forearm;
- CT — computer tomography, hand.

**Other diagnostic tests and examinations:**
- spirometry without medication;
- spirometry with medication;
- standard audiometry;
- densitometry lumbar spine (trabecular bone assessment) — screening;
- densitometry femoral bone (cortical bone assessment) — screening;
- uroflowmetry;
- histopathological examination — fine-needle biopsy material;
- mammography;
- mammography — targeted image.

**Note:**

As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided for in this contract. 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.

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**Seasonal flu vaccinations/tetanus anatoxin**

As part of infectious disease prevention, we offer vaccinations against seasonal flu and administer tetanus anatoxin.
The above scope of tests and examinations does not limit the possibility of being referred to tests and examinations not covered by the plan and contract, but does not include their cost. This pertains also to cases of Patient’s pregnancy and medical indications for test and examinations not included in the above programme and the scope of the contract.

The service does not include molecular biology tests and ultrasound examinations include only a 2D image; with no genetic ultrasound.

Home visits (a limit of 4 visits per year)
Medical consultation provided by a doctor of ambulance teams (a doctor providing services in family medicine, internal medicine), 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 get to a medical centre. Home visits include only cases of sudden onset of an illness or sudden exacerbation of medical condition, also exacerbation of chronic conditions, excluding direct life-threatening situations.

The purpose of a home visit is to establish the diagnosis and initiate treatment, while treatment continuation and follow-up visits take place at the indicated LUX MED Medical Centres.

In particular, inconvenient transport connections to the medical facility, obtaining a prescription or obtaining a medical certificate are not circumstances justifying a visit to the Patient’s home. The home visit is a rescue aid service which is granted only on the day it is requested. In the case of a home visit, it is impossible to freely select the doctor. The decision on accepting or refusing a home visit is made by the dispatcher based on the information provided. The service is provided within administrative borders of the towns where LUX MED possesses its own medical centres and in their neighbourhood — the detailed territorial coverage is described at www.luxmed.pl.

Rehabilitation
The service includes motor organ rehabilitation and is available for Patients:
- 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 Group’s physician referring to these procedures in case of specialist services, and depends on the technical and equipment potential of the given facility.

Rehabilitation is performed in facilities indicated by LUX MED and includes the following procedures:

- consultation with a rehabilitator (physiotherapist);
- consultation with a medical rehabilitation doctor;
- consultation with a medical rehabilitation doctor — paediatric patients;
- physical therapy — electrical stimulation of lower limb muscles;
- physical therapy — electrical stimulation of upper limb muscles;
- physical therapy — electrical stimulation of larynx;
- 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 — galvanisation lumbar spine;
- physical therapy — galvanisation thoracic spine;
- physical therapy — galvanisation cervical spine;
- physical therapy — galvanisation larynx;
- 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 larynx;
- 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 — local cryotherapy 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 — laser therapy lumbar spine;
- physical therapy — laser therapy thoracic spine;
- physical therapy — laser therapy cervical spine;
- physical therapy — laser therapy wrist;
- physical therapy — laser therapy lower leg;
- physical therapy — laser therapy forearm;
- physical therapy — laser therapy arm;
- physical therapy — laser therapy hand;
- physical therapy — laser therapy shoulder joint;
- physical therapy — laser therapy hip joint;
- physical therapy — laser therapy knee joint;
- physical therapy — laser therapy elbow joint;
- physical therapy — laser therapy ankle joint;
- physical therapy — laser therapy foot;
- physical therapy — laser therapy upper leg;
- 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 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 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 — 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 hand;
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 — ultrasound therapy cervical spine;
physical therapy — ultrasound therapy thoracic spine;
physical therapy — ultrasound therapy lumbar spine;
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);
kinesitherapy — exercises (instruction) lumbar spine;
kinesitherapy — exercises (instruction) thoracic spine;
kinesitherapy — exercises (instruction) cervical spine;
kinesitherapy — exercises (instruction) wrist;
kinesitherapy — exercises (instruction) lower leg;
kinesitherapy — exercises (instruction) forearm;
kinesitherapy — exercises (instruction) arm;
kinesitherapy — exercises (instruction) hand;
kinesitherapy — exercises (instruction) shoulder joint;
kinesitherapy — exercises (instruction) hip joint;
kinesitherapy — exercises (instruction) knee joint;
kinesitherapy — exercises (instruction) elbow joint;
kinesitherapy — exercises (instruction) ankle joint;
kinesitherapy — exercises (instruction) foot;
kinesitherapy — exercises (instruction) upper leg;
kinesitherapy — exercises improving lumbar spine function;
kinesitherapy — exercises improving thoracic spine function;
kinesitherapy — exercises improving cervical spine function;
kinesitherapy — exercises improving wrist function;
kinesitherapy — exercises improving lower leg function;
kinesitherapy — exercises improving forearm function;
kinesitherapy — exercises improving arm function;
kinesitherapy — exercises improving hand function;
kinesitherapy — exercises improving shoulder joint function;
kinesitherapy — exercises improving hip joint function;
kinesitherapy — exercises improving knee joint function;
kinesitherapy — exercises improving elbow joint function;
kinesitherapy — exercises improving ankle joint function;
kinesitherapy — exercises improving foot function;
kinesitherapy — exercises improving upper leg function;
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 temporomandibular joint;
kinesitherapy — individual therapy foot;
kinesitherapy — individual therapy upper leg;
kinesitherapy — lumbar spine traction;
kinesitherapy — cervical spine traction;
myorelaxation therapy, therapeutic spinal massage.

Note: The subscription fee does not include the costs of rehabilitation in cases of congenital anomalies and their consequences, postural problems and their consequences, perinatal injuries and their consequences, chronic connective tissue diseases and their consequences, post-surgery rehabilitation within 1 month following the surgery, after coronary events, after neurological and cerebral vascular events, neurophysiological rehabilitation, and services related to fitness and postural correction exercises.
Dental prevention
Dental prevention includes the following services, along with the necessary materials, offered in facilities indicated by LUX MED:

- dental screening examination — once a year;
- individual fluoride treatment, topical;
- topical fluoride treatment;
- preventive fissure sealing;
- teeth fluoride treatment;
- periodontal scaling;
- teeth lacquering;
- deposit removal — sandblasting.

Dental X-ray
(examination results stored on a medium conforming with the standard applicable in a given clinic):
The service is provided with a 10% discount on the following services offered in facilities indicated by LUX MED:

- tooth X-ray;
- panoramic X-ray.

Dentistry — 10% discount
The service is provided with a 10% discount on dental consultations and services, along with the necessary materials, performed by dentists in indicated LUX MED Group’s facilities.
Depending on the capabilities of a specific LUX MED Group’s medical facility, 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 case of pain and in an emergency. The on-duty doctor decides if emergency treatment is needed.

Note:
The Plan does not cover orthodontic, prosthetic and periodontal treatment as well as implants.

10% discount on other services offered by LUX MED Group
Every Patient who has taken up the Plan is entitled to a 10% discount on all medical services offered by LUX MED’s own medical facilities. Discounts may not be combined.

10% discount on medical procedures provided in the LUX MED Hospital
Every Patient who has taken up the Plan is entitled to a 10% discount on all medical procedures provided in the LUX MED Hospital. Discounts may not be combined.