Olympic offer

Mango Health Care Plan

Comprehensive medical care for children from birth to age 18

Access to LUX MED Group centres and 700 partner facilities

Subscription without co-payments

GRUPA LUXMED
Part of Bupa
The best choice for parents wishing to provide their children with comprehensive, full-range medical care. The Plan offers access to the full range of specialized consultations, diagnostic examinations and tests, vaccinations and out-patient procedures.

WHY CHOOSE A MEDICAL CARE PLAN?

**Convenient contract conclusion**

We offer you the possibility of signing the contract electronically and the possibility to pay for your package using the PayU S.A. system. This will save you time and you will be able to activate the package on any chosen business day.

**Extended network of healthcare facilities**

By purchasing the subscription, you will gain access to Poland’s largest chain of non-public healthcare facilities (LUX MED and Medycyna Rodzinka) and more than 700 partner facilities (the list of facilities is available at www.luxmed.pl/placowki700)

**Additional discounts**

By purchasing a subscription, you will get a 10% discount on other services provided at LUX MED and Medycyna Rodzinna medical facilities that are not included in your package. You can also use your discount at the LUX MED Hospital, at Carolina Medical Center and PROFEMED clinics. Discounts are also awarded under the Health Beauty Harmony programme.

INNOVATIVE SERVICE SOLUTIONS

**Patient Portal**

An on-line platform allows to view the physicians’ schedules as well as book and cancel appointments. After signing our Regulations at a LUX MED facility, you may use the Portal to collect laboratory results annotated by a doctor and ask additional questions relating to past visits. A detailed description of Patient Portal functionalities can be found at www.luxmed.pl.

**24h Medical Hotline**

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 physicians, nurses and paramedics, who collect information from a caller and advise on measures that need to be taken in a given situation. They can also provide information about on-duty pharmacies and emergency hospital services.

**Nationwide Helpline**

Selection of connection options shortens the waiting time. Thus, it takes less time for the Patient to book or cancel an appointment or examination, or receive necessary information.

**Text message reminders of appointments**

One day before the appointment or examination, you will receive a reminder in the form of a text message of the time and venue. You can reply to the text message to cancel the appointment, if necessary.

**Electronic medical record**

The LUX MED IT system provides our doctors with quick access to your medical records: test results, previous recommendations or prescribed medications, which may improve your treatment process.
Every year, Poles grow more and more interested in sports. Numerous cities host large marathon and triathlon events, while teenage talents follow the footsteps of their football icons and successes of our athletes make road bikes and cross-country skis disappear from shop stocks.

All athletes, starting from the Polish Olympians and champions through enthusiasts racing in local runs or competitions to amateurs who exercise for fun and fitness, are under extensive care of experienced specialists in sports medicine at the LUX MED Group.

On the occasion of the 31st Summer Olympics in Rio de Janeiro, we are extending our Medical Care Plans to include a special range of services in sports medicine that is tailored for you, too!

Want your child to exercise more effectively and safely?

Does your child love exercise such as gymnastics, running, swimming or team games? Consultation with sports medicine specialists will benefit your child’s development both in terms of his/her fitness and improvement of sports skills. Our doctors will help your child to adjust the type of physical activity to their natural talents. Thanks to individual doctor’s recommendations, your young athlete will get an opportunity to improve their performance, avoid injuries and most of all: to make sports more enjoyable and satisfactory.

Your child practises sports and has been injured?

Is your child suffering from an injury? Do you want him/her to recover quickly after rehabilitation and avoid future injuries? Our sports medicine specialists will refer the child for relevant tests and consultations with doctors who will support the young athlete in recovering fully and preventing future injuries.

Remember: satisfaction from sports performance is influenced not only by regular training and hard work but also by individual capacities that you can explore during specialist consultation and tests.

Your child may take advantage of tests and consultations under the sports examinations programme.
# SCOPE OF THE MANGO HEALTH CARE PLAN

## Scope of medical care

<table>
<thead>
<tr>
<th>Service</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive paediatric consultations and on-duty doctors</td>
<td></td>
</tr>
<tr>
<td>Professor consultations with a referral</td>
<td></td>
</tr>
<tr>
<td>Consultations with a psychologist (including a sex therapist) and a psychiatrist</td>
<td>Limit: 3 a year</td>
</tr>
<tr>
<td>Outpatient consultation procedures</td>
<td></td>
</tr>
<tr>
<td>Outpatient non-consultation procedures</td>
<td></td>
</tr>
<tr>
<td>Diagnostic tests and examinations:</td>
<td></td>
</tr>
<tr>
<td>- laboratory tests, X-ray examinations, ultrasound examinations, ECG examinations, computer tomography, other diagnostic tests and examinations</td>
<td></td>
</tr>
<tr>
<td>Allergy tests — 20% discount</td>
<td></td>
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<tr>
<td>Vaccinations against flu/tetanus</td>
<td></td>
</tr>
<tr>
<td>Protective vaccinations (using vaccines other than funded by the National Health Insurance (Narodowy Fundusz Zdrowia, NFZ) as part of the Preventive Vaccination Programme for a given year)</td>
<td>15%</td>
</tr>
<tr>
<td>Home visits</td>
<td>Limit: 2 a year</td>
</tr>
<tr>
<td>One day surgery — paediatric patients</td>
<td>15%</td>
</tr>
<tr>
<td>Free dental screening examination — once a year</td>
<td></td>
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<tr>
<td>Dental prevention</td>
<td></td>
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<tr>
<td>The Safe Sports Activity Programme</td>
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</tbody>
</table>

## Additional discounts

- 10% discount on other outpatient services provided in LUX MED Group’s own facilities
- 10% discount on medical procedures provided in the LUX MED Hospital
- 10% discount for medical procedures in Carolina Medical Center
- 10% discount on services performed at PROFEMED
- Discounts in the Health Beauty Harmony Programme

## Annual payment

<table>
<thead>
<tr>
<th>Payment Method</th>
<th>PLN</th>
</tr>
</thead>
<tbody>
<tr>
<td>A lump payment for one year</td>
<td>1 680</td>
</tr>
<tr>
<td>Payments in two installments (every 6 months)</td>
<td>2 x 874</td>
</tr>
<tr>
<td>Payment in 4 installments (every 3 months)</td>
<td>4 x 445</td>
</tr>
</tbody>
</table>

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**If you are interested in our offer:**

- use our e-offers module at [https://emarket.luxmed.pl](https://emarket.luxmed.pl)
- contact our Consultant by calling the number **22 339 37 33** 
  available from Monday to Friday, 8.30 a.m. till 7.00 p.m.;
- write to us at the following e-mail address: **sprzedaz_ind@luxmed.pl**
DETAILED DEFINITIONS OF THE SERVICES

Comprehensive paediatric consultations

Within the Plan, the Patient has unlimited access to general practitioners and specialist consultations 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 as well as consultation procedures. The Contractor guarantees no-referral access to doctors of the following specialties:

- paediatrician,
- family/internal medicine doctor,
- general surgery,
- orthopaedics,
- ophthalmology,
- neurology,
- gynaecology (over the age of 16),

and

- on-duty doctor: paediatrician/family medicine doctor,
- on-duty doctor — general surgery,
- on-duty doctor — orthopaedics.

Consultations with doctors of other specialties in the LUX MED Group facilities require a referral from a LUX MED Group’s doctor.

Note:
This service does not include dentistry or rehabilitation consultations, or consultations with other specialists, for example: nutritionist, speech therapist. On-duty doctors (the service includes only emergency assistance in onset of an illness or exacerbation in chronic conditions) are available within the working hours indicated LUX MED Group’s own facilities.

Professor consultations with a referral

The service includes consultations with doctors in the LUX MED Group’s own facilities with the degree of “doktor habilitowany” (associate professor) or the scientific title of “profesor” (professor) as well as doctors holding the positions of “docent” (assistant professor), “profesor nadzwyczajny” (associate professor) and “profesor zwyczajny” (full professor). The service is available based on a referral from a LUX MED Group’s doctor.

Note:
This service does not include dentistry or rehabilitation consultations, or consultations with other specialists, for example: nutritionist, speech therapist.

Consultations with psychologist, psychiatrist and speech therapist

Within the plan, the Patient is entitled to specialist consultations in the following specialties:

- psychiatry,
- psychology,
- sex therapy,
- 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.

Diagnostic tests and examinations

Diagnostic tests and examinations include the following laboratory, imaging and functional diagnostic tests and examinations. The number of diagnostic tests and examinations is not limited. Diagnostic tests and examinations are performed based on referrals issued by doctors working in LUX MED Group’s (LUX MED and Medycyna Rodzinna) medical centres. The referrals should be based on the Patient’s medical condition and diagnostic and therapeutic procedures performed in the aforementioned facilities.

Laboratory diagnostics:

Haematology and coagulology tests with taking test samples (blood):

- ESR;
- blood count + platelet count + automated smear;
- manual blood smear;
- platelets (manual);
- INR/prothrombin time/Quick;
- APTT;

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

- CRP quantitative;
- GPT/ALT transaminase;
- GOT/AST transaminase;
- amylase;
- albumin;
- total protein;
- chloride (Cl);
- total cholesterol;
- cholesterol strip test;
- HDL cholesterol;
- LDL cholesterol;
- alkaline phosphatase;
- GGTP;
• fasting glucose;
• glucose meter test;
• glucose 120'/120' after a meal;
• glucose 60'/60' after a meal;
• creatinine;
• uric acid;
• lipid profile (CHOL, HDL, LDL, TG);
• magnesium (Mg);
• urea/blood urea nitrogen, BUN;
• potassium (K);
• sodium (Na);
• triglycerides;
• calcium (Ca);
• iron (Fe);
• total iron binding capacity, TIBC;
• troponin strip test;
• TSH/hTSH.

Serological tests and infection diagnostics with taking test samples (blood):
• basic syphilis serology (VDRL or USR or anti-TP), formerly WR;
• ASO quantitative;
• ASO qualitative;
• RF — RHEUMATOID FACTOR — quantitative;
• HBs Ag/antigen;
• HCV Ab/antibodies;
• CMV antibodies IgG;
• CMV antibodies IgM;
• EBV/mononucleosis — latex;
• rubella antibodies IgG;
• rubella antibodies IgM;
• toxoplasmosis IgG;
• toxoplasmosis IgM.

Urine tests with taking test samples (urine):
• urine — general analysis.

Bacteriological tests with taking smear (service does not include tests performed using molecular biology techniques):
• urine culture;
• general faeces culture;
• antibiogram for culture (various material).
• pharyngeal swab aerobic culture;
• pharyngeal swab anaerobic culture;
• tonsil swab;
• tonsil swab aerobic culture;
• tonsil swab anaerobic culture;
• antibiogram for culture (urine, pharynx, nose, eye);
• ear swab;
• ear swab anaerobic culture;
• ear swab aerobic culture;
• eye swab aerobic culture;
• nasal swab;
• nasal swab anaerobic culture;

Faecal tests with taking test samples (faeces):
• faecal occult blood (FOB);
• faecal ELISA analysis for lamblia.

Mycological tests with taking smear (service does not include tests performed using molecular biology techniques):
• faeces culture for yeast-like fungi;
• urine culture for yeast-like fungi.

Diagnostic imaging:

X-ray examinations:
• cranial X-ray, orbits;
• cranial X-ray, PA + lateral;
• cranial X-ray, PA + lateral + base;
• cranial X-ray, base;
• cranial X-ray, sella turcica;
• cranial X-ray, tangential;
• splanchnocranium X-ray;
• abdominal X-ray, other;
• abdominal X-ray, supine;
• abdominal X-ray, erect;
• chest X-ray;
• chest X-ray + side;
• 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 + 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;
• hand X-ray, lateral;
• hand X-ray, PA;
• hand X-ray, PA, both;
• finger(s) X-ray, PA + lateral/arm, 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;
• 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;
• cervicothoracolumbar X-ray;
• spinal X-ray: erect;
• 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;
• talocrural joint X-ray, AP + lateral;
• talocrural joint X-ray, AP + lateral, both;
• temporomandibular joint functional X-ray;
• nasopharyngeal X-ray;
• shoulder X-ray (transthoracic);
• shoulder X-ray, AP + axial;
• clavicular X-ray;
• hand X-ray bone age.

Ultrasound examinations:
• trans-fontanelle ultrasound;
• hip joint ultrasound + orthopaedic consultation concerning the hip joints (up to 1 year of age);
• hip joint ultrasound;
• abdominal ultrasound;
• urinary tract ultrasound;
• breast ultrasound;
• transvaginal gynaecological ultrasound;
• transabdominal gynaecological ultrasound;
• ultrasound of ligaments, muscles, joints, other (excluding post-traumatic muscle haematomas);
• subcutaneous tissue ultrasound (lipomas, fibromas, etc.);
• thyroid ultrasound;
• lymph node ultrasound.

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 (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;
• 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.
**ECG examinations:**
- resting ECG — paediatric patient;
- resting ECG.

**Other diagnostic tests and examinations:**
- spirometry without medication;
- spirometry with medication;
- standard audiometry;
- histopathological examination — fine-needle biopsy material.

**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, ultrasound diagnostic imaging includes a 2D image with no additional options, and laboratory tests do not include strip tests.

**Allergy tests (20% discount) performed based on a referral from a LUX MED Group’s allergist**

**Skin allergy tests**
The service includes performance of skin prick allergy tests. 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.

**Blood allergy tests — food panel**
The service includes drawing a blood sample and assaying allergen-specific IgE:
- blood allergy tests — single allergen-specific IgE;
- blood allergy tests — food panel;
- blood allergy tests — inhaled allergens panel.

**Seasonal flu, tetanus vaccinations**
As part of infectious disease prevention, we offer vaccinations against seasonal flu and tetanus (adsorbed vaccine).

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

**Note:**
All vaccinations are performed based on a doctor’s referral.

**Home visits (2 per calendar year)**
Medical consultation provided by a doctor of ambulance teams (a doctor providing services for paediatric patients in paediatrics, family medicine and 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 LUX MED Group’s Medical Centres. In particular, inconvenient transport connections to the Clinic, obtaining a prescription or obtaining a medical certificate are not circumstances justifying a visit at 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 the Contractor possesses its own medical centres and in their neighbourhood — the detailed territorial coverage is described at www.luxmed.pl.

**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 Patient’s age and 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;
- unilateral dressing of nasal haemorrhage;
- bilateral 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 the Patient’s age and the procedure availability at the Contractor’s facility. These procedures are performed according to the indications.
Outpatient non-consultation procedures include:

Outpatient surgical procedures:
- fine-needle biopsy — skin/subcutaneous tissue;
- fine-needle biopsy — nipple;
- fine-needle biopsy — thyroid;
- fine-needle biopsy — lymph nodes;
- stitching a wound of up to 3 cm (in emergency situations requiring immediate help);
- removal of a boil/small skin abscess (up to 1 cm);
- classical surgical excision of a skin lesion of up to 1.5 cm due to medical indications (does not include lesions excised due to aesthetic, plastic indications) with standard histopathological examination.

Outpatient orthopaedic procedures:
- adjustment of small orthopaedic devices — big joints;
- Dessault type immobilisation (small/large);
- placement of a jacket type traditional plaster cast;
- cast application.

Outpatient dermatological procedures:
- dermatological procedure — PUVA lamp;
- dermatological procedure — removal and coagulation of skin fibromas;
- cryotherapy dermatological procedure, 1 to 6 lesions;
- electric therapy dermatological procedure, 1 to 6 lesions;
- cryotherapy dermatological procedure, up to 7 lesions;
- electric therapy dermatological procedure, up to 7 lesions.

Outpatient gynaecological procedures:
- 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.

One day surgery — paediatric patients
Service is provided with a discount of 15% based on the price list of a given facility on the following range of procedures (the range depends on the Patient’s age) including also:
- consultation with qualification for a procedure;
- proper anaesthesia typical of a given procedure;
- taking samples for and performing histopathological examination;
- follow-up consultation within 30 days after the procedure.

The service is performed at the place indicated by the Contractor in the following towns: Warszawa, Kraków, Katowice, Poznań, Wrocław, Gdańsk, Łódź, Bydgoszcz, Olsztyn, Szczecin, Opole.

- incision of subcutaneous tissue or abscess with draining, under local anaesthesia;
- nasal surgery, polypectomy — unilateral, bilateral;
- nasal surgery, septoplasty;
- nail/nail bed/nail fold surgery — cleaning, removal;
- penis surgery, dorsolateral foreskin incision;
- penis surgery, circumcision under local anaesthesia/under general anaesthesia;
- penis surgery, elongation of the preputial frenulum;
- incision of the frenulum of the cheek, tongue;
- complete excision of a skin lesion;
- complete excision of a skin lesion, diathermia, diathermia — eye area;
- complete excision of a skin lesion, atheromatous cyst, lipoma;
- complete excision of a skin lesion, plastic;
- complete excision of a skin lesion, removal of a foreign body;
- eye area procedures — tarsal cyst, xanthomas.

Dental prevention
Dental prevention includes the following services along with the necessary materials:
- dental screening examination — once a year,
- teeth fluoride treatment,
- scaling,
- fissure sealing,
- sandblasting.

SAFE SPORTS ACTIVITY
The Safe Sports Activity Programme is aimed for patients aged 6–65. Services related to safe sports activity are offered at selected LUX MED Group facilities in the following cities: Bydgoszcz, Gdańsk, Gdynia, Katowice, Kraków, Łódź, Poznań, Szczecin, Toruń, Warsaw, Wrocław and Rzeszów. The range of services available under the Safe Sports Activity programme differs from city to city. Check out a detailed range and list of facilities at: www.luxmed.pl/olimpijska-oferta.
Doctor consultations in sports medicine

Under the patient’s plan, selected own facilities of the LUX MED Group (LUX MED and Medycyna Rodzinna) ensure no-referral access to physicians of the following specialisations:

- Sports medicine specialist
- PTMS-certified specialist

Note:
Sports medicine consultations provided by a sports medicine physician and/or specialist certified by PTMS (Polish Sports Medicine Association) are related to sports medicine, including: sports and medical examinations aimed at diagnosing recommendations and contraindications for practising sports and increased physical activity, routine health checks for professional, amateur athletes and active people, prevention of sports injuries, establishing an initial diagnostic and therapeutic process, impaired post-workout regeneration, certificates for sports schools and athletic camps.

Sports examinations

Under the patient’s plan, selected own facilities of the LUX MED Group (LUX MED and Medycyna Rodzinna) ensure no-referral access to sports examinations services. The scope of sports examinations includes preliminary examinations, periodic examinations and follow-up examinations for disciplines such as motor sports, diving, judo, wrestling, Oriental sports and martial arts, boxing, kickboxing, weightlifting and other disciplines (e.g. team sports such as football, volleyball).

Depending on your sports disciplines and type of examination (preliminary, periodic, follow-up), the following consultations and diagnostic tests are performed every 6 months:

**Blood tests with taking test samples (blood):**
- Blood count + platelet count + automated smear
- ESR
- Glucose / fasting glucose

**Urine tests with test sample collection (urine):**
- Urine – general analysis

**Nurse services:**
- Blood pressure measurement
- Eye test (near-sighted and far-sighted, using Snellen’s charts)
- Anthropometric measurements
- Dental examinations

**Diagnostic examinations:**
- Resting ECG
- X-ray of lumbar spine (weightlifting)
- Cervical X-ray (judo, wrestling)
- Spirometry (diving)
- EEG (Oriental martial arts, boxing, kickboxing)

Physician consultation:

- Laryngology,
- Neurology (Oriental martial arts, boxing, kickboxing)
- Sports medicine specialist with medical opinion

Examinations for medical opinions are performed in line with the LUX MED Group sports examinations developed on the basis of Central Institute of Sports Medicine (COMS) guidelines and in collaboration with the Polish Sports Medicine Association. The opinion is issued by a sports medicine specialist and if the patient is younger than 23 years of age, the opinion may also be issued by a physician certified by the Polish Sports Medicine Association (PTMS).

Note:
An athlete participating in a sports competition arranged by entities pursuing activity in terms of sports activity in accordance with Article 37, Chapter 7 of the Act on Sports of 25 June 2010 is required to take general specialist and diagnostic examinations to the extent necessary for the issuance of a medical opinion on the health condition enabling to safely participate in a sports competition, and in particular to participate in sports trainings or competitions, hereinafter referred to as the Opinion.

FMS (Functional Movement Screen) examination

Under the patient’s plan, selected own facilities of the LUX MED Group (LUX MED and Medycyna Rodzinna) offer Patient unlimited no-referral access to movement quality assessment by a certified physiotherapist, which includes examination of joint mobility examination, neuromuscular control, local and global stability and quality of proper motor patterns. The examination is performed in accordance with the LUX MED Group’s FMS examination standard.

Note:
The service is offered to patients aged 8+.

ADDITIONAL DISCOUNTS

10% discount on other outpatient services offered by the 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 Group’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.

10% special discount on medical services offered by the Carolina Medical Center
Every package owner is entitled to a 10% discount on all medical procedures offered by the Carolina Medical Center.

The discount is calculated from the price list in a facility. The discount does not include prices of such medical materials as light cast, implants, stabilizers, orthopaedic fixation, sutures of meniscus, and prices of drugs for intra-articular and intravenous injections.

10% discount on services performed at PROFEMED

Each package owner is entitled to a 10% discount on individual services provided at PROFEMED facilities (Specialists, Sport and Rehabilitation, Dentistry and Aesthetic Medicine). Discounts do not add up. For information on the services provided, visit www.profemed.pl.

Discounts in the Health Beauty Harmony Programme

Discounts are granted to holders of LUX MED subscription by programme partners, including Internet stores, hotels, institutions of culture. Programme partners are listed at www.luxmed.pl.