



Apple Tree Health Care Plan



Health package
for two adults **aged 18-65**
and child **aged 0-18**



Access to LUX MED Group centres and
500 partner facilities



Extended medical care



Subscription + co-payments



Access to **specialists**

- children – **16 specialties**
- adults – **25 specialties**



Additional **discounts**

SCOPE OF THE APPLE TREE HEALTH CARE PLAN

Scope of medical care	
Consultations with general practitioners and on-duty doctors priced at 20 PLN per consultation	✓
Extended specialist consultations + on-duty doctors priced at 20 PLN per consultation	✓
Extended consultative outpatient procedures	✓
Extended diagnostic tests and examinations: <ul style="list-style-type: none"> laboratory tests, X-ray priced at 20 PLN per examination, ultrasound examinations priced at 20 PLN per examination, ECG priced at 20 PLN per examination, other diagnostic tests and examinations 	✓
Seasonal flu and tetanus vaccinations including qualification priced at 20 PLN	✓
Skin allergy tests and blood allergy tests with a 20% discount in LUX MED's own facilities	✓
10% discount for protective vaccinations for children	✓
3 home visits for child per calendar year	✓
The Safe Sports Activity Programme with co-payment	✓
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	✓

Method of payment	Annual payment for family 2+1	Annual payment for each additional child (PLN/person)
A lump payment for one year	2 489 PLN	995 PLN
Payment in two installments (every 6 months)	2 x 1 294 PLN	2 x 517 PLN
Payment in 4 installments (every 3 months)	4 x 660 PLN	4 x 264 PLN

If you are interested in our offer:

- ✓ use our e-offers module at <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.

A perfect offer for persons who are seeking medical help for their family. The scope covers two family members aged 18-65 years and a child under 18 years old. The plan provides primary and extended medical care, diagnostics and laboratory procedures as well as consultations with doctors of various specialities.

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 Rodzinna) and more than 500 partner facilities (the list of facilities is available at www.luxmed.pl/placowkiwspolpracujace_wspolplacenie).



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.

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.

DETAILED DEFINITIONS OF THE SERVICES

Consultations with general practitioners and on-duty doctors priced at 20 PLN per consultation

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 ensures **no-referral** access to doctors of the following specialities, priced at 20 PLN per appointment:

In the case of patients aged 18 and above

- internal medicine;
- family doctor;
- on-duty doctor: internal, family medicine.

In the case of patients aged under 18

- paediatrics;
- family physician;
- on-duty doctor: paediatrician, family medicine doctor.

Extended specialist consultations + on-duty doctors priced at 20 PLN per consultation

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, medical advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment. The cost of a medical consultation within the scope of the Plan is 20 PLN. During the period covered by the Plan, LUX MED ensures **no-referral** access to doctors of the following specialities:

In the case of patients aged 18 and above

- allergology,
- vascular surgery,
- general surgery,
- dermatology,
- diabetology,
- endocrinology,
- gastroenterology,
- gynaecology,
- haematology,
- cardiology,
- laryngology,
- nephrology,
- neurology,
- ophthalmology,

- orthopaedics,
- pulmonology,
- rheumatology,
- urology

and

- on-duty doctor – general surgery,
- on-duty doctor – orthopaedics.

In the case of patients aged under 18:

- general surgery,
- gynaecology (over 16 years old),
- laryngology,
- neurology,
- ophthalmology,
- orthopaedics

and

- on-duty doctor – general surgery,
- on-duty doctor – orthopaedics.

In the case of patients under 18 years old, during the period covered by the Plan, LUX MED ensures access to doctors of the following specialities (**referral required**):

- allergology,
- dermatology,
- gynaecology (up to 16 years old).

Note:

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], "profesor nadzwyczajny" [associate professor]) and consultations with doctors of other specialities are paid with a 15% discount.

On-duty doctors are available within the working hours in indicated LUX MED's own facilities.

Extended consultative outpatient procedures

Services in the form of procedures which can be performed for medical indications 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 the patient is entitled to within the Plan and on the patient's age.

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.

Outpatient consultation 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;
- placement/change/removal – small dressing (requiring no surgical debridement);
- removal of another foreign body without incision;
- suture removal in a treatment room after procedures performed in 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;
- catheterisation of the 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:

- standard ocular fundus examination;
- corrective lens selection (excluding 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;
- plaster cast application;
- lower limb plaster cast removal;
- upper limb plaster cast removal;
- placement/change/removal – small dressing.

Outpatient dermatological procedures:

- standard dermatoscopy.

Outpatient gynaecological procedures:

- performing a standard pap smear.

Outpatient allergological procedures:

- desensitisation including qualification priced at 20 PLN.

Outpatient nursing procedures:

- intravenous injection;
- subcutaneous/intramuscular injection;
- emergency drip administration;
- oral medicine administration in emergency cases;
- body temperature measurement (no referral required);
- placement/change/removal – small dressing;
- blood drawing;
- blood pressure measurement (no referral required);
- height and body weight measurement (no referral required);
- palpable breast examination performed by an obstetrician.

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, anti-tetanus serum (antitoxin), 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. The discount is offered only in LUX MED Group's own facilities.

Extended diagnostic tests and examinations

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

Laboratory tests (unless stated otherwise, do not include strip tests):

Haematological tests with taking test samples (blood):

- ESR;
- blood count + platelet count + automated smear;
- 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 quantitative;
- GPT/ALT transaminase;
- GOT/AST transaminase;

- amylase;
- albumin;
- total protein;
- chloride (Cl);
- total cholesterol;
- HDL cholesterol;
- LDL cholesterol;
- alkaline phosphatase;
- GGTP;
- fasting glucose;
- 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;
- TSH/hTSH;
- total beta-hCG;
- free PSA;
- total PSA.

Serological tests and infection diagnostics with taking test samples (blood):

- basic syphilis serology (VDRL orUSR or anti-TP) formerly WR;
- TPHA test;
- ASO quantitative;
- ASO qualitative;
- RF – rheumatoid factor – quantitative;
- HBs Ag/antigen;
- HCV Ab/antibodies;
- CMV antibodies IgG;
- cytomegaly 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;
- 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;
- nasal swab aerobic culture;
- nasopharyngeal swab anaerobic culture;
- nasopharyngeal swab aerobic culture;
- vaginal swab;
- vaginal swab anaerobic culture;
- vaginal smear for GBS;
- vaginal smear for GC;
- wound swab;
- wound swab anaerobic culture;
- vaginal microbiological test;
- sputum culture;
- sputum culture anaerobic;
- endocervical smear anaerobic culture;
- antibiogram for culture (various material);

faecal tests with taking test samples:

- faecal occult blood (FOB);
- faecal analysis for rota- and adenovirus;
- faecal ELISA analysis for lamblia;

cytology tests with taking test samples:

- standard pap smear;

toxicological tests with taking test samples (blood):

- digoxin;
- lead;

quick strip tests:

- CRP – strip test;
- cholesterol strip test;
- glucose meter test;
- troponin strip test.

X-ray examinations charged 20 PLN per examination (examination results are stored on a medium conforming with the standard applicable in a given clinic):

- cranial X-ray cranial nerve canals;
- cranial X-ray orbits;
- cranial X-ray PA + lateral;
- cranial X-ray PA + lateral + base;
- cranial X-ray base;
- cranial X-ray semi-axial by Orley;
- 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 + lateral;
- 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 bilateral;
- hand X-ray bone age;
- 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;
- X-ray of lumbar spine AP + lateral + oblique;
- X-ray of lumbar spine 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;
- scapular X-ray;
- pelvic and hip joint X-ray;
- X-ray of sternum AP
- sternal/lateral chest X-ray;
- mandibular X-ray;
- paranasal sinus X-ray;
- rib X-ray (unilateral), 2 oblique views;
- wrist X-ray, lateral;
- X-ray of both wrists lateral;
- wrist X-ray, PA + lateral;
- hand X-ray, PA + lateral, both sides;
- hand X-ray, PA + oblique;
- hand X-ray, PA + oblique, both sides;
- X-ray of both patellae axial;
- X-ray of both patellae 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 + bilateral;
- knee joint X-ray, lateral;
- talocrural joint X-ray, AP + lateral;
- X-ray of talocrural joint AP + both lateral;
- temporomandibular joint functional X-ray;
- nasopharyngeal X-ray;
- shoulder X-ray (transthoracic);
- shoulder X-ray, AP + axial;
- clavicular X-ray;
- mammography;
- mammography – targeted image.

Ultrasound examinations priced at 20 PLN per examination:

- abdominal ultrasound;
- transabdominal gynaecological ultrasound;
- transvaginal gynaecological ultrasound;
- breast ultrasound;
- transabdominal prostate ultrasound;
- transrectal prostate ultrasound;
- urinary tract ultrasound;
- shoulder joint ultrasound;
- elbow joint ultrasound;
- knee joint ultrasound;
- ankle joint ultrasound;
- ultrasound of ligaments, muscles, small joints (excluding post-traumatic muscle haematomas);
- ultrasound of subcutaneous tissue (lipomas, fibromas, etc.);
- echocardiography – cardiac ultrasound (paediatric patients);
- echocardiography – cardiac ultrasound;
- thyroid ultrasound;
- testicular ultrasound;
- salivary gland ultrasound;
- finger and metacarpophalangeal joint ultrasound;
- Achilles tendon ultrasound;

- lymph node ultrasound;
- wrist ultrasound;
- trans-fontanelle ultrasound;
- hip joint ultrasound with orthopaedic consultation (up to 1 year of age);
- obstetric ultrasound;
- transvaginal obstetric ultrasound.

ECG priced at 20 PLN per examination:

- resting ECG;
- resting ECG – paediatric patient.

Other diagnostic tests and examinations:

- intraocular pressure measurement;
- computerised visual field test;
- spirometry without medication;
- Spirometry diastolic test
- standard audiometry.

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, diagnostic imaging includes only a 2D image with no additional options (including genetic ultrasound).

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

The service includes performance of skin prick allergy tests. The solution for allergy testing is included in the service:

- epicutaneous allergy tests – 1 spot;
- skin allergy tests – food allergy panel;
- skin allergy tests – inhaled allergens panel.

Allergy blood tests (20% discount) performed based on a referral from a LUX MED Group's allergist:

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.

The discount is offered only in LUX MED Group's own facilities.

Protective vaccinations (10% discount)

The service is provided with a 10% discount on protective vaccinations of paediatric patients using vaccines other than funded by the National Health Insurance (Narodowy Fundusz Zdrowia, NFZ) as part of obligatory vaccinations of the Preventive Vaccination Programme, realised at vaccination centres.

Note:

All vaccinations are performed based on a doctor's referral. The discount is offered only in LUX MED Group's own facilities.

Seasonal flu vaccinations including qualification priced at 20 PLN

We offer seasonal flu vaccinations as part of infectious disease prevention (once per calendar year).

The service includes:

- medical consultation before vaccination for 20 PLN;
- vaccine (the medicinal product);
- nursing service (injection).

Additional vaccinations

- Performing of tetanus vaccination and a single tetanus vaccine, adsorbed.

The service includes:

- medical consultation before vaccination for 20 PLN;
- vaccine (the medicinal product);
- nursing service consisting of giving an injection;

Home visits (3 per calendar year for child)

Medical consultation provided by a doctor of ambulance teams (a doctor providing services for paediatric patients in paediatrics, family 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 cover only cases of sudden illnesses or sudden deterioration of medical condition, e.g. exacerbations of chronic disorders, excluding conditions constituting an imminent threat to life. The purpose of a home visit is to make a diagnosis and initiate treatment, while treatment continuation and follow-up visits take place at LUX MED Group's Medical Centres.

In particular, inconvenient transport connections to the medical centre, 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. A single home visit pertains only to one patient.

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.

Note:

The service is limited to 3 home visits per calendar year for child.

SAFE SPORTS ACTIVITY

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.



Not practising sports yet but eager to start exercising?

Running, fitness, swimming... are you wondering what should be your first step towards healthy physical activity? Want to improve your wellbeing or lose excess weight? Consult our sports medicine specialists: learn which activity would be best for you, how often you should practise and what performance you can expect at the initial stages of your sports activity.

Remember: if you decide to face a sports challenge, you can always rely on us to help you.

You already practise sports but want to exercise more effectively and safely?

Are you already a gym regular or a runner? Do you love team sports? Have you ever wondered whether you perform all the exercises properly and take account of your individual talents and capacities? By consulting our specialists, you will get individual recommendations that will give you an opportunity to improve your performance, avoid injuries and most of all get even more fun and satisfaction from your sports activity.

Remember: sport is healthy when adjusted to your abilities.

You practise sports and have been injured?

Are you suffering from an injury? Do you want to recover quickly after rehabilitation and avoid future injuries? Our sports medicine specialists will refer you for relevant tests and consultations with doctors who will support you in recovering fully and preventing future injuries.

Remember: you will recover more quickly under the care of experienced specialists.

Rely on the competences of our experienced sports medicine specialists no matter how much you are involved in sports – **get yourself truly champion care even when you feel great!**

The offer includes doctor consultations in sports medicine, a motor fitness test, cardiology diagnostics, sports examinations.

SPORT MEDICINE PROCEDURES

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, Krakow, 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 art: www.luxmed.pl/olimpijska-oferta.

Doctor consultations in sports medicine: with PLN 20 co-payment (consultations do not include sport examinations)

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

Co-payment for each completed consultation within the scope of the services amounts to **PLN 20**.

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 – with co-payment of PLN 20

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).

Co-payment for each completed consultation and diagnostic test performed within the scope of the services amounts to **PLN 20**.

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 with co-payment of PLN 20 per examination:

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

Physician consultation – with co-payment of PLN 20 per consultation in the following specialisations:

- 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+.

Cardio Sport Programme – Basic Cardiology Diagnostics with co-payment of PLN 20 for diagnostic tests

Under the patient's plan, selected own facilities of the LUX MED Group (LUX MED and Medycyna Rodzinna) ensure no-referral access to the following tests and examinations within the Cardio Sport Programme. The programme is dedicated to active people and enables to perform a preliminary assessment of the risk of heart problems within basic diagnostics but does not fully assess predisposition for doing sports of increased effort and intensity.

Programme range

Body composition analysis

Blood tests with taking test samples (blood):

- Blood count + platelet count + automated smear
- Fasting glucose
- Creatinine
- Lipid profile

Diagnostic examinations with co-payment of PLN 20 per examination:

- Resting ECG
- Cardio Sport exercise ECG with discussion of the results obtained, recommendations for the future and a certificate of the physician performing the examination.

Note:

The programme is available for patients aged 18+. Cardio Sport exercise ECG is performed when a physician assessing the patient's resting ECG confirms a lack of contraindications for the performance of the examination. The programme is completed with a certificate of no cardiology contraindications for amateur sports activity of increased effort. The certificate issued is not an opinion issued within sports medicine examinations.

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.