

# Premium package

**For adults and children  
(age 0-70)**



If you do not like limitations and expect healthcare tailored to your individual needs and expectations, the Premium Package is the perfect option for you. It will provide you with **access to appointments and consultations with specialists, as well as a broad range of diagnostic tests and examinations, imaging scans and outpatient procedures**. Your comfort will be ensured by an Individual Patient's Assistant who will provide answers to any questions you might have.

Payment options	Amount of instalment
Payment in 12 instalment (monthly)	899,00 PLN
Payment in 4 instalments (every 3 months)	2 616,00 PLN
Payment in 2 instalments (every 6 months)	5 124,00 PLN
Lump payment	9 708,00 PLN
<b>Monthly rate in a case of annual payment</b>	<b>809,00 PLN</b>

The contract is concluded for 12 months

## Premium Package:

Scope of medical care	
Medical Helpline 24/7	•
Online Consultations	•
Physician Consultations	•
Physician and medical specialist consultations (38 for adults, 26 for children)	•
Dietician consultations	•
On-duty physician consultations (5)	•
LUX MED MentalCare Mental Health Support	•
Flu and tetanus vaccinations	•
Nursing procedures	•
Outpatients procedures (96)	•
Laboratory test panel (no referral needed)	•
Diagnostic tests and examinations (826)	•
Allergy tests	•
Pregnancy care	•
Physiotherapy	•
Preventive health check	•
Home visits - limited	•
Professor consultations	•
VIP Patient's Personal Assistant	•
Dentistry	•
Second Medical Opinion	•
10% discount on other services offered by LUX MED and Medycyna Rodzinna	•
10% discount on medical procedures provided in PROFEMED	•
Access to LUX MED Group's (LUX MED and Medycyna Rodzinna) own facilities listed at <a href="http://www.luxmed.pl">www.luxmed.pl</a>	•
<b>Nationwide network of partner facilities listed at <a href="http://www.luxmed.pl/placowkiwspolpracujace">http://www.luxmed.pl/placowkiwspolpracujace</a></b>	•

\* The detailed list of services which are the part of the Package is defined in Detailed definitions of services.  
The presented table is only a dictionary of services available in the Package.

### Other benefits

LUX MED Hospital Insurance Orthopaedic Care	•
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The insurance is shared by LUX MED Sp. z o. o., which concluded an Insurance Agreement with LMG Försäkrings AB S. A. Branch in Poland.  
LUX MED Sp. z o. o. finances the premium for people it registers for insurance.

## Detailed definitions of the services



### Medical Helpline 24/7

Medical Helpline 24/7 is provided to the Eligible Person in cases requiring the Eligible Person to obtain immediate consultation by a Physician or medical specialist.

The health benefit consists in the possibility for an Eligible Person to obtain telephone advice from medical personnel (doctors, nurses) regarding:

- internal medicine
- family medicine
- paediatrics
- nursing

through 24/7 nationwide medical helpline of the LUX MED Group.

In medically justified situations, medical personnel providing advice to an Eligible Person **may**: refer them to an on-site visit; recommend that an emergency medical team be called to them; refer them to a Hospital Emergency Department on an urgent basis.

The following documents **cannot be issued** through Medical Helpline 24/7:

- ✓ **e-prescriptions** for: vaccines; narcotics drugs, drugs with strong sedative, analgesic, anti-anxiety effects (which require on-site consultation for medical indications); preparations with addictive potential; postcoital contraception (so-called emergency contraception);
- ✓ **e-referrals** for: diagnostic tests and examinations including: procedures using ionizing radiation; biopsies; endoscopic tests; exercise tests.

The final decision to issue an e-prescription/e-referral/e-sick leave during a Medical Helpline consultation is at the discretion of the Physician who may refuse to issue such a document, based on medical indications and the Entitled Person's welfare.

Medical Helpline 24/7 is available only to an Eligible Person. Use of the Health Benefit by third parties is not permitted. The Eligible Person is obliged to provide data in accordance with the facts, in accordance with the principles of reliability and due diligence required for the use of health services.

Medical Helpline 24/7 is used to provide an Eligible Person with remote medical consultations in situations that do not require intervention in a life or health emergency. Due to its remote nature, this service is not a substitute for an on-site consultation, as it does not allow for a physical examination.



### Online Consultations

The health service "Online Consultations" allows an Eligible Person to make an interactive one-on-one conversation with a Physician, midwife or nurse via ICT systems or communication systems provided by LUX MED. The consultations are provided in the fields of:

- internal / family medicine
- paediatrics
- paediatric nursing
- obstetrics

Consultations within the service may be used by Eligible Persons with full access to the Patient Portal.

Accessibility of "Online consultations" with a Physician, a midwife or a nurse depends on the schedule of medical specialists and can be accessed under the "Online Consultation" tab in the Patient Portal. An Eligible Person may choose a communication channel from among those provided

by LUX MED in the Patient Portal. The service is accessed by “queuing” the Eligible Person under the “Online Consultation” tab. The content of an “Online Consultation” is saved and entered into the Eligible Person’s medical records.

An online consultation **does not replace** an in-person consultation because there are no direct examinations. In medically justified cases, the medical specialist may refuse remote advice and refer the Eligible Person for an in-patient consultation.

Online consultation is available only to Eligible Persons. Use of the service by third parties is not permitted. The Eligible Person is obliged to provide data in accordance with the facts, in accordance with the principles of reliability and due diligence required for the use of health services.

As part of an online consultation a medical specialist **can**:

- ✓ issue an e-prescription (for continuation of chronic treatment or de novo treatment – according to documentation and medical indications);
- ✓ issue medical recommendations resulting from an online consultation, a medical certificate in case of medical indications;
- ✓ issue a referral: for tests and examinations, to another specialist, for another online consultation or for an in-patient service.

As part of an online consultation a medical specialist **cannot issue**:

- ✓ e-sick leaves;
- ✓ referrals for medical examinations with the use of ionising radiation;
- ✓ referrals for biopsy, endoscopy and exercise tests;
- ✓ e-prescriptions for: vaccines; narcotics drugs, drugs with strong sedative, analgesic, anti-anxiety effects (which require on-site consultation for medical indications); postcoital contraception (emergency contraception).

If medically justified, a medical specialist providing an online consultation **may refuse** to give remote medical advice and refer the Eligible Person for an in-person consultation with a physician, midwife or nurse.

The final decision to issue an e-prescription during an online consultation is at the discretion of the Physician who may refuse to issue such a document, based on medical indications and the Entitled Person’s welfare.



## Physician Consultations

The health service “Physician Consultations” allows an Eligible Person to receive a consultation with a Physician **without the need for a referral**. These consultations are carried out in case of: health complaints, sudden illnesses and for general medical advice.

**Consultations can be provided:**

- ✓ on-site – in medical facilities indicated by LUX MED;
- ✓ remotely – in the form of telephone, online or video consultations;
- ✓ in Infection Treatment Centres – in the form of on-site visits for Entitled Persons with symptoms of infections, provided in selected Medical Facilities indicated by LUX MED.

The form in which consultations are carried out is determined by LUX MED – up-to-date information in this regard may be obtained by the Eligible Person at the Patient Portal or through the LUX MED Phone Line.

The scope of the Health Benefit depends on the form of its implementation and **may include**: taking a medical history, providing advice by a Physician and performing basic activities necessary to make a diagnosis, make a therapeutic decision or monitor the treatment process.

A healthcare service relates to a consultation in the field of:

- internal medicine
- paediatrics
- family medicine.

The health service “Physician Consultations” does not include: consultations provided by Doctors on duty, Doctors holding a postdoctoral degree, a professor title, or Doctors holding the positions of: associate professor or full professor.



## Physician and medical specialist consultations

The health service "Physician and medical specialist consultations" allows an Eligible Person to receive a consultation with a Physician or a medical specialist in the case of health complaints, sudden illnesses and for general medical advice.

### Consultations can be provided:

- ✓ on-site – in medical facilities indicated by LUX MED;
- ✓ remotely – in the form of telephone, online or video consultations;
- ✓ in Infection Treatment Centres – in the form of on-site visits for Entitled Persons with symptoms of infections, provided in selected Medical Facilities indicated by LUX MED.

The form in which consultations are carried out is determined by LUX MED – up-to-date information in this regard may be obtained by the Eligible Person at the Patient Portal or through the LUX MED Phone Line.

The scope of the Health Benefit depends on the form of its implementation and may include: taking a medical history, providing advice by a Physician or a medical specialist and performing basic activities necessary to make a diagnosis, make a therapeutic decision or monitor the treatment process.

The scope of consultation depends on the age of the Eligible Person and a requirement for a referral:

Eligible Persons **over 18 years of age** may use consultations **without the need for a referral** in the following fields:

- |                                    |                                |                     |
|------------------------------------|--------------------------------|---------------------|
| • allergology                      | • gynaecological endocrinology | • ophthalmology     |
| • anaesthesiology                  | • gynaecology                  | • optometry         |
| • angiology                        | • haematology                  | • orthopaedics      |
| • audiology                        | • hepatology                   | • phlebology        |
| • balneology and physical medicine | • hypertension therapy         | • phoniatry         |
| • cardiology                       | • immunology                   | • proctology        |
| • dermatology                      | • infectious diseases          | • pulmonology       |
| • diabetology                      | • laryngology                  | • rheumatology      |
| • endocrinology                    | • medical rehabilitation       | • surgical oncology |
| • gastroenterology                 | • nephrology                   | • travel medicine   |
| • general surgery                  | • neurology                    | • urology           |
| • geriatrics                       | • neurosurgery                 | • vascular surgery  |
| • gynaecologic oncology            | • oncology                     |                     |

Eligible Persons **under 18 years of age** may use consultations **without the need for a referral** in the following fields:

- |                                    |                 |                |
|------------------------------------|-----------------|----------------|
| • paediatric surgery               | • laryngology   | • orthopaedics |
| • dermatology                      | • neurology     |                |
| • gynaecology (from the age of 16) | • ophthalmology |                |

Eligible Persons **under 18 years of age** may use consultations **upon referral** in the following fields:

- |                       |                                       |                          |
|-----------------------|---------------------------------------|--------------------------|
| • allergology         | • gynaecology (under 16 years of age) | • neonatology            |
| • anaesthesiology     | • haematology                         | • neurosurgery           |
| • infectious diseases | • immunology                          | • oncology               |
| • diabetology         | • cardiology                          | • pulmonology            |
| • endocrinology       | • travel medicine                     | • medical rehabilitation |
| • gastroenterology    | • nephrology                          | • rheumatology           |
|                       |                                       | • urology                |

The health service "Physician and medical specialist consultations" **does not include**: consultations provided by Doctors on duty, Doctors holding a postdoctoral degree, a professor title, or Doctors holding the positions of: associate professor or full professor.



## Dietician consultations

The health service "Dietician consultations" allows an Eligible Person to use a consultation with a dietitian.

### Consultations can be provided:

- ✓ on-site – in medical facilities indicated by LUX MED;
- ✓ remotely – in the form of telephone, online or video consultations;

The form in which consultations are carried out is determined by LUX MED – up-to-date information in this regard may be obtained by the Eligible Person at the Patient Portal or through the LUX MED Phone Line.

Consultations **include**: history taking and general dietary recommendations.

Consultations **do not include**: the development of individual nutrition plans (setting an individual diet).

The healthcare service is provided in accordance with the rules listed below:

Eligible Persons **over 18 years of age** may use consultations **without the need for a referral**.

Eligible Persons **under 18 years of age** may use consultations **upon referral** issued by a Physician.

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## On-duty physician consultations

The health service "On-duty physician consultations – option 2" **covers only basic emergency care** in case of sudden illness that occurred **not earlier than 24 hours** before the Eligible Person notifies LUX MED of his/her desire for consultation.

Consultations with on-duty physicians may be made only on the day of notification within the working hours of Medical Facilities indicated by LUX MED, provided they are available at a given medical facility.

The health service **includes**: medical history taking, physician's advice and basic procedures necessary for making an initial diagnosis, taking an appropriate therapeutic decision and refers to consultations within the following scope:

- internal medicine
- paediatrics
- family medicine.

And additionally for Eligible Persons **over 18 years of age**:

- general surgery
- orthopaedics

The service **does not include**: medical interventions provided for life saving purposes under the State Medical Emergency system (in accordance with the Act of 8 September 2006 on State Medical Emergency, as amended).



## LUX MED MentalCare Mental Health Support

The healthcare service "LUX MED MentalCare Mental Health Support" provides an Eligible Person with access to mental health assistance.

The scope of assistance, depending on the age of the Eligible Person, may include: **consultation of Physicians and specialists in mental health and speech development**, as well as **access to the Mental Health Platform** (detailed scope for each age category of Eligible Persons is indicated below).

**Consultations with physicians and with mental health and speech therapy specialists** can be conducted in the following formats:

- ✓ on-site – in medical facilities indicated by LUX MED;
- ✓ remotely – in the form of telephone, online or video consultations.

The format is determined by LUX MED – up-to-date information in this regard may be obtained by the Eligible Person on the Patient Portal or through the LUX MED HotLine.

Consultations **include** history taking, specialist advice and basic activities necessary to establish a diagnosis, implement relevant therapeutic activities and monitor the treatment process.

Consultations **do not** include:

- ✓ consultations carried out by physicians with a postdoctoral degree, professors, associate or full professors;
- ✓ consultations in the fields of speech therapy for the hearing impaired and neuro speech therapy;
- ✓ management of therapy;
- ✓ psychological diagnostics;
- ✓ services provided by the non-public psychological and pedagogical clinic.

**The Mental Health Platform** is a digital medical service provided by LUX MED for Eligible Persons over the age of 18, available by logging into a verified Patient Portal account. It complements medical consultations, provides preventive support in between visits to a specialist, and gives access to medical information as part of self-care for those concerned about mental well-being.

The platform provides the Eligible Person with access to clinically validated content and tools to support mental health. By using the functionalities available on the Platform, the Eligible Person may:

- ✓ perform initial symptom qualification and obtain referral for standardized screening tests (depression, anxiety, chronic stress, overwork, ADHD),
- ✓ get recommendations for personalized preventive pathways based on test results,
- ✓ keep a mood and sleep diary with a timeline presentation of trends,
- ✓ receive prophylactic tasks from psychologists and psychiatrists to complete and undergo verification of their implementation between visits.

The scope of help depends on the age of the Eligible Person:

Eligible Persons **over 18 years of age** may use the following:

- access to the **Mental Health Platform** and
- **without referral, in each 12-month agreement period, one consultation** in one of the following areas: psychiatry **or** psychology **or** sexology **or** speech therapy.

Eligible Persons **under 18 years of age** may use the following:

- **without referral, in each 12-month agreement period, one consultation** in one of the following areas: psychiatry **or** psychology **or** speech therapy.



## Professor consultations

The health service "Professor consultations" is provided **upon a referral** issued by the Physician.

The health service allows the Eligible Person to use a consultation with a Physician holding: the title of professor, the degree of doctor habilitated or holding the position of: associate professor or full professor.

Professor consultations take place at Medical Facilities in Medical Facilities indicated by LUX MED, if available.

The scope of the service "Professor consultation" corresponds to **the scope of consultations with Physicians and medical specialists**, from which the Eligible Person may benefit under the agreement.



## Nursing procedures

The health service "Nursing procedures" is provided at medical facilities designated by LUX MED and consists in basic measurements and minor procedures, including diagnostic procedures, in accordance with the professional competence of the nurse or midwife.

**The scope of available nursing procedures depends on:**

- ✓ the range of consultations with Physicians, which the Eligible Person may use under the concluded agreement;
- ✓ the age of the Eligible Person;
- ✓ the availability of the procedure at a given medical facility designated by the LUX MED.

The health service "Nursing procedures" **includes:**

- |   |  |
|---|--|
| <p>procedures performed <b>on a doctor's recommendation:</b></p> <ul style="list-style-type: none"> <li>• intravenous injection</li> <li>• subcutaneous/intramuscular injection</li> <li>• emergency drip administration</li> <li>• blood drawing</li> <li>• oral medicine administration in emergency</li> </ul> | <ul style="list-style-type: none"> <li>• placement/change/removal of a small dressing</li> </ul> <p>procedures performed <b>without a referral:</b></p> <ul style="list-style-type: none"> <li>• office-based midwife service – breast palpation</li> <li>• body temperature measurement</li> <li>• blood pressure measurement</li> <li>• height and weight measurement</li> </ul> |
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**Standard medical materials and supplies** used during the above-specified procedures such as: dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, serum — tetanus antitoxin and disinfectants **are provided by LUX MED free of charge.**

In the case of use of other materials or medical supplies not included above, an additional fee may be charged to the Eligible Person – in accordance with the applicable price list of the respective Medical Facility designated by LUX MED.



## Outpatient procedures

The health service "Outpatient procedures" includes measurements and medical procedures performed by a Physician, nurse or another medical professional, according to their competence, as part of:

- ✓ a medical consultation, during which there is a need to perform a given procedure, or
- ✓ a separate treatment visit that does not require a medical consultation.

The procedures are performed at medical facilities indicated by LUX MED **with no need for a hospital stay or operating room standards.**

The scope of available procedures depends on:

- ✓ the scope of consultations with Physicians and medical specialists to which the Eligible Person is entitled;
- ✓ the age of the Eligible Person;
- ✓ their availability at a given medical facility.

If an outpatient procedure is marked below as **"standard"** it should be understood as a service that is generally available and commonly used in the territory of the Republic of Poland, in accordance with current medical knowledge and clinical practice accepted under the conditions of the health care system in Poland.

The health service "Outpatient procedures" includes:

### Basic outpatient medical treatments:

- blood pressure measurement
- height and weight measurement

### Outpatient surgical procedures:

- wound cleansing / excision
- nail surgery – cleaning / removal
- skin procedure – incision of haematoma/abscess, with drainage
- skin procedure – removal of a foreign body, with wound debridement (removal of a foreign body from the skin)
- ingrown nail procedure (onychoplasty) – bilateral
- ingrown nail procedure (onychoplasty) – unilateral
- sampling of skin tissue for specialist examination
- stitching a wound of up to 3 cm
- removal of a boil / small skin abscess (up to 2 cm)
- removal of another foreign body without incision
- surgical tick removal
- non-surgical tick removal
- suture removal after procedures performed out of the medical facilities indicated by LUX MED, qualification based on the LUX MED doctor's assessment (we do not remove sutures after childbirth)
- suture removal in a treatment room after procedures performed in the Medical Facilities indicated by LUX MED
- 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 – specimen from the skin lesion removed
- placement/change/removal – small dressing (not requiring surgical debridement)

### Outpatient laryngological procedures:

- Eustachian tube examination, insufflation
- nasal administration of mucosa-shrinking medicine in emergency cases
- electrocoagulation of blood vessels of the nasal septum
- catheterisation of the Eustachian tube
- coagulation of blood vessels of the nasal septum
- cryosurgery (does not include snoring therapy)
- incision of auricular haematomas
- incision of haematomas of the nasal septum
- closed reduction of the nose
- obliteration of varicose veins at the base of tongue
- ear irrigation
- sinus rinse
- Pretz sinus rinse
- incision of the lingual frenulum in the oral cavity
- simple laryngological dressing
- sinus puncture
- removal of a foreign body from the nose/ear
- suture removal after laryngological procedures performed outside of Medical Facilities indicated by LUX MED, qualification based on the LUX MED doctor's assessment
- suture removal in a treatment room after laryngological procedures performed at the Medical Facilities indicated by LUX MED
- nasal tamponade removal
- laryngeal clysis



- application/change/removal of a drain in the ear canal
- unilateral dressing of nasal hemorrhage

#### Outpatient ophthalmologic procedures:

- visual acuity examination
- corrective lens selection (excludes varifocal lenses)
- gonioscopy (iridocorneal angle assessment)
- lacrimal duct irrigation (for the Eligible Persons over 18 years of age)
- medicine instillation into the conjunctival sac

#### Outpatient orthopaedic procedures:

- intra-articular and peri-articular block
- adjustment of small orthopaedic devices — big joints
- adjustment of small orthopaedic devices — small joints
- reposition of a dislocation or fracture
- preparation: traditional cast — tape
- intra-articular puncture — taking sample material for examination

#### Outpatient dermatological procedures (do not include lesions removed due to aesthetic, plastic indications):

- standard\* dermatoscopy
- aesthetic cryotherapy dermatological procedure, 1 to 6 lesions
- aesthetic cryotherapy dermatological procedure, 7 to 10 lesions
- aesthetic electrotherapy dermatological procedure, 1 to 6 lesions

#### Outpatient gynaecological procedures:

- insertion of an intrauterine device
- removal of an intrauterine device
- hPV HR test with possible LBC cytology (in the case of a positive HPV HR result)

#### Outpatient allergological procedures:

- allergy immunotherapy with an allergological consultation

#### Anaesthesia:

- local (infiltration or permeation) anaesthesia
- local (topical) anesthesia for endoscopy

#### Biopsy with standard histopathological examination – fine-needle biopsy material

- fine-needle biopsy — skin
- fine-needle biopsy — breast nipple
- fine-needle biopsy — salivary gland

#### Other outpatient procedures:

- Foley catheter removal
- removal of a polyp up to 1 cm during gastroscopy with a histopathological examination of the polyp

- bilateral dressing of nasal hemorrhage

- standard\* autorefractometry
- standard\* ocular fundus examination
- standard\* stereoscopic vision examination
- standard\* intraocular pressure measurement
- removal of a foreign body from the eye

- Dessault type immobilisation (small/large)
- intra-articular and peri-articular injection
- placement/change/removal — small dressing
- cast application
- placement of a jacket type traditional plaster cast
- lower limb plaster cast removal
- upper limb plaster cast removal

- aesthetic electrotherapy dermatological procedure 7 to 10 lesions
- dermatological procedure – curettage/destruction of skin lesion
- dermatological procedure — PUVA lamp
- dermatological procedure — removal and coagulation of skin fibromas

- cervical and labial procedures — cryocoagulation
- cervical procedures cryocoagulation — treatment of erosions

- simple anaesthesia for colonoscopy
- simple anaesthesia for gastroscopy

- fine-needle biopsy — thyroid
- fine-needle biopsy – subcutaneous tissue
- fine-needle biopsy — lymph nodes

- removal of a polyp up to 1 cm during colonoscopy with a histopathological examination of the polyp
- enema
- foley catheter application

**Standard medical materials and supplies** used during the above-specified procedures such as: dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, serum — tetanus antitoxin and disinfectants **are provided by LUX MED free of charge.**

In the case of use of other materials or medical supplies not included above, an **additional fee may be charged** to the Eligible Person – in accordance with the applicable price list of the respective Medical Facility.



## Flu and tetanus vaccinations

The health service “Flu and tetanus vaccinations” as part of infectious disease prevention **includes** vaccinations against seasonal flu and tetanus (anti-tetanus anatoxin).

As part of this health service an Eligible Person may receive:

- a medical consultation a nurse
- a vaccine (medicinal product)
- nursing service consisting in giving an injection
- consultation before vaccination

Flu and tetanus vaccinations are performed at Medical Facilities indicated by LUX MED.



### Additional recommended preventive vaccinations

The health service "Additional recommended preventive vaccinations" is performed at Medical Facilities indicated by LUX MED **based on a referral** issued by LUX MED.

The service covers vaccinations against the following diseases (including combination vaccines):

- tick-borne encephalitis
- hepatitis
- hepatitis B
- measles, mumps, rubella

As part of this health service an Eligible Person may receive:

- a medical consultation a nurse consultation before vaccination
- a vaccine (medicinal product)
- nursing service consisting in giving an injection



### Laboratory test panel (no referral needed)

The health service "Laboratory testing panel (no referral needed)" allows an Eligible Person to perform **once during each 12-month agreement period** the set of laboratory tests specified below.

The health service is performed **with no referral needed** at Medical Facilities indicated by LUX MED.

If a laboratory test is marked below as **"standard"** it should be understood as a service that is generally available and commonly used in the territory of the Republic of Poland, in accordance with current medical knowledge and clinical practice accepted under the conditions of the health care system in Poland.

The scope of laboratory tests depends on the age of the Eligible Person and **includes:**

and additionally for Eligible Persons **over 18 years of age:**

- beta HCG
- fasting glucose
- lipid profile
- urinalysis
- blood count + platelet count + automated smear
- HPV HR test with possible LBC cytology (in the case of a positive HPV HR result)
- TSH

for Eligible Persons **under 18 years of age:**

- CRP test strips
- fasting glucose
- lipid profile
- urinalysis
- blood count + platelet count + automated smear
- HPV HR test with possible LBC cytology (in the case of a positive HPV HR result) (available to Eligible Persons over the age of 16)



### Diagnostic tests and examinations

The health service "Diagnostic tests and examinations" are performed:

- ✓ **on the basis of a referral** issued by the Physician, solely on the basis of medical indications in the course of the ongoing diagnostic and therapeutic procedure,
- ✓ in medical facilities indicated by LUX MED.

The results of diagnostic tests are provided to the Eligible Person on a carrier in accordance with the standards in force in a given Medical Facility.

Unless otherwise indicated below, the health service "Diagnostic tests and examinations – option 4" **does not include:**

- ✓ **laboratory diagnostics using strip tests;**
- ✓ **tests performed using molecular biology techniques;**
- ✓ **contrast media for computed tomography and magnetic resonance imaging examinations;**
- ✓ **imaging diagnostics in the field of ultrasonography using techniques such as: Doppler, 3D, 4D or elastography.**

If a test or an examination from the scope of "Diagnostic tests and examinations" is marked as **"standard"** it should be understood as a service that is generally available and commonly used in the territory of the Republic of Poland, in accordance with current medical knowledge and clinical practice accepted under the conditions of the health care system in Poland.

The scope of the tests and examinations **includes only** procedures necessary to assess the health of the Eligible Person in accordance with current medical knowledge and applicable standards of treatment and diagnosis:

## Laboratory diagnostics:

### Haematology and coagulation tests with taking test samples (blood):

- antithrombin III
- APTT
- C protein activity
- S protein free
- thrombin time — TT
- factor V Leiden, method: PCR
- D-dimers
- absolute eosinophil count (blood smear)
- fibrinogen
- INR / prothrombin time
- blood count + platelet count + automated smear
- ESR
- platelets
- manual blood smear

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

- 17 – OH progesterone
- AFP — alpha-fetoprotein
- plasma renin activity
- albumins
- aldolase
- aldosterone
- Alpha-1 acid glycoprotein (Orosomucoid)
- alpha-1 – antitrypsin
- amylase
- androstenedione
- apolipoprotein A1
- $\beta_2$  microglobulin
- total protein
- direct bilirubin
- total bilirubin
- BNP
- BRCA1, method: PCR
- CA 125
- CA 15.3 – breast cancer antigen
- CA 19.9 — gastrointestinal cancer antigen
- CA 72-4 – colon tumour marker
- total iron binding capacity, TIBC
- CEA — carcinoembryonic antigen
- ceruloplasmin
- chlorides (Cl)
- cholesterol
- cholinesterase
- blood-cell cholinesterase / blood-cell acetylcholinesterase
- CK – MB activity
- CK – MB mass
- CK (creatin kinase)
- CRP, quantitative
- CA 21-1 – lung tumour marker
- zinc
- zinc protoporphyrin (ZnPP) in red blood cells
- cystatin C
- Dehydroepiandrosterone (DHEA)
- DHEA – S
- angiotensin-converting enzyme (ACE)
- erythropoietin
- oestradiol
- free estriol
- ferritin
- acid phosphatase
- prostatic acid phosphatase
- alkaline phosphatase
- alkaline phosphatase – bone fraction
- phosphorus (P)
- FSH
- gastrin
- GGTP
- glucose 60' after a meal
- glucose 120' after a meal
- fasting glucose
- glucose 75 g, 1-hour glucose challenge test
- glucose 75 g, 2-hour glucose challenge test
- glucose 75 g, 3-hour glucose challenge test
- glucose 75 g, 4-hour glucose challenge test
- glucose 75 g, 5-hour glucose challenge test
- glucosastomatol
- haptoglobin
- HbA1c – glycated haemoglobin
- HDL cholesterol
- homocysteine
- adrenocorticotrophic hormone (ACTH)
- growth hormone (GH)
- IGF – BP 3
- IgA immunoglobulin
- IgE immunoglobulin (total IgE)
- IgG immunoglobulin
- immunoglobulin IgM
- insulin / insulin 60'
- insulin / insulin 120'
- fasting insulin
- insulin – 1 hour after 75 g glucose ingestion
- insulin – 2 hours after 75 g glucose ingestion
- insulin – 3 hours after 75 g glucose ingestion
- insulin – 4 hours after 75 g glucose ingestion
- insulin – 5 hours after 75 g glucose ingestion
- calcitonin
- creatinine clearance
- cortisol in the afternoon
- cortisol in the morning
- creatinine
- folic acid
- uric acid
- LDH – lactate dehydrogenase
- LDL cholesterol
- directly measured LDL cholesterol
- leptin
- LH
- lipase
- lipid profile (CHOL, HDL, LDL, TG)
- free kappa light chains in serum

- free lambda light chains in serum
- magnesium (Mg)
- macroprolactin
- copper
- myoglobin
- urea / urea nitrogen / BUN
- NSE – neuro-specific enolase
- NT pro – BNP
- osteocalcin (bone formation marker)
- parathyroid hormone
- C-peptide
- potassium (K)
- progesterone
- prolactin
- 30' after administration of 1 MCP tablet
- 60' after administration of 1 MCP tablet
- 120' after administration of 1 MCP tablet
- protein profile
- free PSA
- total PSA
- PSA panel (PSA, FPSA, FPSA / PSA index)
- reticulocytes
- S100
- SCC – squamous cell carcinoma antigen
- SHBG
- somatomedin – (IGF – 1)
- sodium (Na)

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

- anti-nuclear ANA1 PPJ antibodies, method: IIF (illumination type, titer)
- anti-nuclear ANA2 PPJ antibodies, method: immunoblot (16 antigens)
- anti-HAV – IgM
- anti-HAV – total
- lupus anticoagulant
- ASO, quantitative
- echinococcosis (Echinococcus granulosus) IgG
- borrelia burgdorferii, method: qualitative PCR
- borreliosis (Lyme disease) IgG
- borreliosis IgG Western-blot method (confirmatory test)
- borreliosis (Lyme disease) IgM
- borreliosis IgM Western-blot method (confirmatory test)
- brucellosis – IgG
- brucellosis – IgM
- C1 – inhibitor
- C1 – inhibitor (activity)
- complement component 3 (C3)
- complement component 4 (C4)
- cytomegalovirus (CMV), IgG
- cytomegalovirus (CMV), IgM
- cytomegalovirus (CMV), method: qualitative PCR
- cytomegaly – IgG avidity test
- EBV / mononucleosis – latex
- EBV / mononucleosis IgG
- EBV / mononucleosis IgM
- EBV, method: quantitative PCR
- EBV, method: qualitative PCR
- total T3
- free T3
- total T4
- free T4
- testosterone
- free testosterone
- total beta-hCG
- beta hCG – tumour marker
- TPS
- GOT/AST transaminase
- GPT/ALT transaminase
- transferrin
- triglycerides
- TSH/hTSH
- thyroglobulin
- occult iron binding capacity (UIBC)
- calcium (Ca)
- vitamin B12
- vitamin D3 – 1,25 (OH)<sub>2</sub> metabolite
- vitamin D3 – 25-OH metabolite
- iron (Fe)
- iron (Fe) 60 min after administration (absorption curve)
- iron (Fe) 120 min after administration (absorption curve)
- iron (Fe) 180 min after administration (absorption curve)
- iron (Fe) 240 min after administration (absorption curve)
- iron (Fe) 300 min after administration (absorption curve)
- ascaris lumbricoides (ASCARIS) IGG
- blood group (AB0), Rh factor and antibody screening
- HBc IgM antibodies
- HBc Ab total
- HBe Ab
- Hbe Ag
- HBs antibodies
- HBs antigen
- HBV, method: quantitative PCR
- HBV, method: qualitative PCR
- HCV Ab/antibodies
- HCV, method: quantitative PCR
- HCV, method: qualitative PCR
- Helicobacter pylori IgG, quantitative
- haemochromatosis, method: PCR
- HIV-1/HIV-2
- HPV (Human papillomavirus), method: qualitative PCR – swab
- hsCRP
- HSV / Herpes 1 and 2 – IgG – qualitative
- HSV / Herpes 1 and 2 – IgM – qualitative
- pertussis – IgA
- pertussis – IgG
- pertussis – IgM
- listeriosis – qualitative
- mycoplasma pneumoniae – IgG
- mycoplasma pneumoniae – IgM
- mycoplasma pneumoniae, method: qualitative PCR
- FTA test

- TPHA test
- Waaler-Rose test
- tick-borne encephalitis IgM antibodies
- measles – IgG
- measles – IgM
- varicella IgG
- varicella IgM
- pneumocystosis IgG – quantitatively
- pneumocystosis IgM – quantitatively
- HLA B27 antigen assay
- antibodies to ovary antigen, method: IIF
- anti-glomerular basement membrane (GBM) antibodies and anti-alveolar basement membrane (ABM) antibodies, method: IIF
- glutamic acid decarboxylase (anti-GAD) antibodies
- antibodies to dsDNA, method: IIF
- tyrosine phosphatase (IA2) antibodies
- antibodies to *Ascaris lumbricoides*, IgG
- antibodies against striated muscles, method: IIF
- anti-neutrophil cytoplasmic antigen antibody ANCA (pANCA and cANCA), method: IIF
- anti-phosphatidylserine IgG antibodies
- anti-phosphatidylserine IgM antibodies
- bile duct antibodies, method: IIF
- antibodies against striated muscles and cardiac muscle (myasthenia gravis), method: IIF
- anti-nucleosome antibodies (ANuA) (IMMUNOBLOT)
- antibodies to pemphigus and pemphigoid, method: IIF
- Anti-*Saccharomyces cerevisiae* antibodies (ASCA) IgG, method: IIF
- a-microsomal / anti-TPO antibodies
- anticardiolipin antibodies – IgG
- anticardiolipin antibodies – IgM
- anticardiolipin antibodies – IgG and IgM
- antithyroglobulin / anti-TG antibodies
- immune antibody screening / alloantibodies
- anti-beta-2-glycoprotein I IGG antibodies
- anti-beta-2-glycoprotein I IGM antibodies
- anti-beta-2-glycoprotein IgG and IgM antibodies (total)
- anti-CCP antibodies
- anti-phosphatidylinositol IgG antibodies
- anti-phosphatidylinositol IgM antibodies
- antibodies to adrenal cortex
- anti-prothrombin IgG antibodies
- anti-prothrombin IgM antibodies
- anti-tGT (anti-tissue transglutaminase) IgG and IgA antibodies, method:
- chlamydia pneumoniae IgA antibodies
- chlamydia pneumoniae IgG antibodies
- chlamydia pneumoniae IgM antibodies

#### Urine tests with taking test samples (urine):

- 17-hydroxycorticosteroids in 24-hour urine collection
- 17-ketosteroids in 24-hour urine collection
- albumin in 24-hour urine collection
- albumin in urine
- aldosterone in 24-hour urine collection
- amylase in urine

- chlamydia trachomatis IgA antibodies
- chlamydia trachomatis IgG antibodies
- chlamydia trachomatis IgM antibodies
- coxsackie antibodies
- antibodies to Castle's and parietal cells (APCA) method: ELISA
- antibodies to double-stranded / native DNA – dsDNA (nDNA)
- endomysium IgA antibodies – EmA IgA
- endomysium IgG antibodies – EmA IgG
- endomysium IgG, IgA antibodies – EmA
- antibodies to myocardial cells (HMA)
- anti-parietal cell antibodies (APCA), method: ELISA
- anti-smooth muscle antibodies (ASMA)
- anti-mitochondrial antibodies (AMA)
- yersinia enterocolitica antibodies – IgG
- yersinia enterocolitica antibodies – IgG, IgM, IgA (total)
- yersinia enterocolitica antibodies – IgM
- anti-liver kidney microsomal antibodies (Anti-LKM), method: IIF
- anti-tGT (anti-tissue transglutaminase) IgA antibodies, method:
- anti-tGT (anti-tissue transglutaminase) IgG antibodies, method:
- antibodies to TSH receptors (TRAb)
- antibodies to acetylcholine receptors (AChR-Ab)
- antibodies full liver panel (ANA1, AMA, ASMA, LKM), method: IIF
- intestinal panel (antibodies against exocrine pancreatic cells and intestinal goblet cells, ASCA, ANCA), method: IIF
- parvovirus B19 – IgG and IgM
- PCR HSV – herpes, qualitative
- pneumocystis IgG – quantitatively
- pneumocystis IgM – quantitatively
- RF — rheumatoid factor — quantitative
- rubella IgG
- rubella IgM
- syphilis serology – FTA – ABS confirmatory test
- basic syphilis serology (VDRL or USR or anti-TP)
- SLE – semi-quantitative
- mumps – IgG
- mumps – IgM
- BTA test
- toxoplasmosis – IgG avidity test
- toxoplasma IgG
- toxoplasma IgM
- toxocariasis IgG (semi-quantitative)
- toxoplasma gondii, method: qualitative PCR
- ureaplasma urealyticum, method: qualitative PCR
- trichinosis, IgG

- Bence-Jones protein in urine
- total protein / 24-hour urine collection
- urine protein
- chlorides (Cl) in urine
- chlorides (Cl) in urine / 24-hour urine collection
- phosphorus in urine

- phosphorus in urine / 24-hour urine collection
- glucose and ketones in urine
- cadmium in urine
- catecholamines (noradrenaline, adrenaline) – 24-hour urine collection
- coproporphyrins in urine
- cortisol – 24-hour urine collection
- creatinine in urine
- creatinine in urine/24-hour urine collection
- 5-hydroxyindoleacetic acid in 24-hour urine collection (5 – hiaa)
- delta - aminolevulinic acid (ALA)
- delta - aminolevulinic acid (ALA)/24-hour urine collection
- hippuric acid in urine / 24-hour urine collection
- uric acid in urine
- uric acid in urine / 24-hour urine collection
- vanillylmandelic acid (VMA) in urine
- kappa light chains in urine
- lambda light chains in urine

#### **Bacteriological tests with taking swab:**

- chlamydia pneumoniae antigen, method: IIF swab
- chlamydia pneumoniae antigen, method: IIF swab – other material
- chlamydia pneumoniae antigen, method: IIF – throat swab
- chlamydia pneumoniae PCR swab
- chlamydia trachomatis antigen, method: IIF swab – other material
- chlamydia trachomatis antigen, method: IIF – urethral swab
- chlamydia trachomatis antigen, method: IIF – endocervical swab
- chlamydia trachomatis, method: PCR – qualitative method (vaginal swab, urethral swab or urine)
- vaginal microbiological test (vaginal biocenosis)
- eosinophils in nasal swab
- stool culture for pathogenic E. coli in children under 2 years of age
- faeces culture for Yersinia enterocolitica
- faeces — general culture
- faeces culture for Salmonella and Shigella
- mycoplasma hominis and ureaplasma urealiticum urethral swab
- mycoplasma hominis and ureaplasma urealiticum endocervical swab
- pinworms – anal swab
- synovial fluid – general analysis
- liquid from sinuses – aerobic culture
- urine culture
- semen — aerobic culture
- sputum culture
- culture of human milk from left breast – aerobic
- culture of human milk from right breast – aerobic
- abscess content culture
- abscess content – anaerobic culture
- urethral swab for GC (GNC) culture
- endocervical smear for GC
- vaginal smear for GC

#### **Faecal tests with taking test samples:**

- magnesium (Mg) in urine
- magnesium (Mg) in urine / 24-hour urine collection
- metoxycatecholamines – 24-hour urine collection
- urinalysis
- urea / urea nitrogen / BUN / 24-hour urine collection
- urea / urea nitrogen / BUN in urine
- lead (Pb) in urine
- potassium (K) in urine
- potassium (K) in urine / 24-hour urine collection
- mercury/Hg in urine
- D-Pyrilinks (bone resorption marker) / chemical composition of renal calculus
- sodium (Na) in urine
- sodium (Na) in urine / 24-hour urine collection
- oxalates in 24-hour urine collection
- calcium in urine
- calcium (Ca) in urine / 24-hour urine collection
- albumin creatinine ratio (ACR) in urine

- left ear seton – aerobic culture
- right ear seton – aerobic culture
- breast discharge – aerobic culture
- foreskin swab – aerobic culture
- urethral swab
- urethral swab – anaerobic culture
- furuncle swab
- gingival swab – aerobic culture
- throat/tonsil swab aerobic
- oral swab — aerobic culture
- tongue swab – aerobic culture
- cervical swab
- endocervical smear – anaerobic culture
- laryngeal swab – aerobic culture
- laryngeal swab for Pneumocystis carini
- nasal swab
- nasal swab – aerobic culture
- nasopharyngeal swab – anaerobic culture
- nasopharyngeal swab – aerobic culture
- anal swab culture for SS
- anal swab – aerobic culture
- anal area swab – culture
- rectal swabs and vaginal swabs towards group B Streptococcus (GBS)
- eye swab – aerobic culture
- ulceration swab – aerobic culture
- umbilical swab – aerobic culture
- vaginal swab – anaerobic culture
- vaginal swab – aerobic culture
- penile swab – aerobic culture
- wound swab
- wound swab – anaerobic culture
- ear swab – anaerobic culture
- ear swab – aerobic culture
- vulvar swab – aerobic culture
- skin lesion swab – aerobic culture

- Helicobacter pylori – faecal antigen
- faeces – Clostridium difficile – GDH and toxin A/B antigen
- faeces – general analysis
- stool ELISA analysis for lamblia

#### **Cytology tests with taking test samples:**

- HPV HR test with possible LBC cytology (in the case of a positive HPV HR result)

#### **Mycological tests with taking swab:**

- mycological examination – hand epidermis fungal culture – scrapings
- mycological examination – foot epidermis fungal culture – scrapings
- mycological examination – scalp fungal culture – scrapings
- mycological examination — fingernail fungal culture
- mycological examination — toenail fungal culture
- mycological examination — hair fungal culture
- mycological examination — skin fungal culture
- mycological examination — skin scraping fungal culture
- faeces culture for yeast-like fungi
- urine culture for yeast-like fungi
- semen culture for yeast-like fungi
- sputum culture for yeast-like fungi
- abscess content culture for yeast-like fungi
- secretion culture for yeast-like fungi
- pharyngeal swab culture for yeast-like fungi
- foreskin swab culture for yeast-like fungi

#### **Toxicological tests with taking test samples (blood):**

- ciclosporin A, quantitative
- digoxin
- phenytoin, quantitative
- carbamazepine

#### **Quick strip tests with taking test samples (blood):**

- CRP strip test
- cholesterol strip test
- glucose meter test

#### **Diagnostic imaging:**

##### **X-ray examinations:**

- mammography
- mammography — targeted
- shoulder X-ray (transthoracic)
- shoulder X-ray, axial
- shoulder X-ray, bilateral axial
- shoulder X-ray, AP
- shoulder X-ray, AP + lateral
- shoulder X-ray: AP + bilateral – comparative image
- shoulder X-ray, AP, both – comparative image
- shoulder X-ray, AP + axial
- 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
- lumbar functional X-ray
- cervical functional X-ray

- faeces analysis for parasites, 1<sup>st</sup> assay
- faecal analysis for rota- and adenovirus
- faecal occult blood (FOB)

- standard\* nasal mucosa cytological test

- urethral swab culture for yeast-like fungi
- gingival swab culture for yeast-like fungi
- pharyngeal / tonsil swab culture for yeast-like fungi
- oral swab culture for yeast-like fungi
- tongue swab culture for yeast-like fungi
- laryngeal swab culture for yeast-like fungi
- endocervical 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
- anal area swab – culture for fungi
- ulceration swab culture for fungi
- vaginal swab culture for yeast-like fungi
- penile swab culture for yeast-like fungi
- wound smear culture for yeast-like fungi
- ear swab culture for yeast-like fungi
- vulvar swab culture for yeast-like fungi
- skin lesion swab culture for yeast-like fungi

- valproic acid
- bile acids
- lithium
- lead

- troponin strip test
- pharyngeal swab for Streptococcus a. (Strep A) quick test

- temporomandibular joint functional X-ray
- abdominal X-ray, other
- abdominal X-ray, supine
- abdominal X-ray, erect
- large intestine X-ray – rectal enema (with standard contrast agents)
- chest X-ray
- chest X-ray – X-ray tomography
- chest X-ray + lateral
- chest X-ray, lateral with barite
- Chest X-ray, other
- chest X-ray, PA + lateral with barium
- X-ray of chest, thyroid, trachea
- sacrococcygeal X-ray
- scaphoid X-ray
- X-ray of temporal bones, transorbital
- X-ray of temporal bones by Schuller/Stevens
- metatarsal X-ray
- femoral bone X-ray, AP + left lateral
- femoral bone X-ray, AP + right, lateral



- spinal X-ray AP, erect (scoliosis)
- spinal X-ray AP, erect + lateral (scoliosis)
- lumbar X-ray, AP + lateral
- X-ray of lumbar spine, AP + lateral + oblique
- X-ray of lumbar spine, lateral
- lumbosacral spine — AP + lateral
- X-ray of lumbosacral spine, oblique
- thoracic spine 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
- larynx X-ray – tomography
- elbow / forearm X-ray, AP + lateral
- elbow / forearm X-ray, AP + lateral, bilateral
- scapular X-ray
- pelvic and hip joint X-ray
- X-ray of sternum / chest lateral
- X-ray of sternum, AP
- wrist / hand X-ray, PA + lateral / oblique left
- wrist / hand X-ray, PA + lateral / oblique bilateral
- wrist / hand X-ray, PA + lateral / oblique right
- wrist X-ray, lateral
- wrist X-ray, lateral, both
- wrist X-ray, PA + lateral
- wrist X-ray, PA + lateral, both
- X-ray of both wrists, lateral
- nasal X-ray — lateral
- X-ray of nasopharynx
- clavicular X-ray
- X-ray of orbits + lateral (2 views)
- toe(s) X-ray, AP + lateral / oblique
- finger(s) X-ray, PA + lateral / oblique
- finger(s) X-ray, PA + lateral / oblique bilateral

#### Ultrasound examinations:

- 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 lower limb arteries
- ultrasound / Doppler ultrasound of upper limb arteries
- ultrasound / Doppler ultrasound of renal arteries
- ultrasound / Doppler ultrasound of carotid and vertebral arteries
- ultrasound / Doppler ultrasound of intracranial arteries
- ultrasound / Doppler ultrasound of lower limb veins
- ultrasound / Doppler ultrasound of upper limb veins
- obstetric ultrasound – extended examination (4 D)
- ultrasonography of the eyeballs and orbits
- transabdominal gynaecological ultrasound
- transvaginal gynecological ultrasound

- X-ray, small intestine passage (with standard contrast agents)
- heel X-ray — axial
- heel X-ray, lateral
- temporal bone pyramid X-ray, transorbital
- lower leg X-ray, AP + lateral
- lower leg X-ray, AP + bilateral lateral
- forearm X-ray, AP + lateral
- bilateral forearm X-ray, AP + lateral
- esophagus, stomach and duodenum X-ray (with standard contrast agents)
- hand X-ray, lateral
- hand X-ray, PA
- hand X-ray, PA + oblique
- hand X-ray, PA + oblique, bilateral
- hand X-ray PA, bilateral
- X-ray of both patellae axial
- bilateral patellar X-ray, axial in 2 positions
- bilateral patellar X-ray, axial in 3 positions
- X-ray of sacroiliac joints – PA
- X-ray of sacroiliac joints – oblique
- 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 lateral
- bilateral knee joint X-ray — AP + lateral
- knee joint X-ray, lateral
- elbow joint X-ray
- ankle joint X-ray, AP + lateral
- ankle joint X-ray, AP + lateral bilateral
- foot X-ray, AP + lateral / oblique
- foot X-ray, AP + lateral/oblique bilateral
- foot X-ray, AP (comparative)
- X-ray teleradiogram – digital cephalometry
- splanchnocranium X-ray
- paranasal sinus X-ray
- rib X-ray (unilateral), 2 oblique views
- mandibular X-ray
- urography (with standard contrast agents)

- abdominal ultrasound
- ultrasound of larynx
- ultrasound of post-traumatic muscle haematoma
- wrist ultrasound
- testicular ultrasound
- ultrasound of pleura
- breast ultrasound
- transabdominal prostate ultrasound
- trans-fontanelle ultrasound
- plantar aponeurosis ultrasound
- echocardiography – cardiac ultrasound
- echocardiography – cardiac ultrasound (foetal)
- hip joint ultrasound + orthopaedic consultation (under 1 year of age)
- hip joint ultrasound, children
- finger and metacarpophalangeal joint ultrasound

- shoulder joint ultrasound
- hip joint ultrasound
- knee joint ultrasound
- elbow joint ultrasound
- ankle joint ultrasound
- Achilles tendon ultrasound
- salivary gland ultrasound
- metatarsal ultrasound

#### **Magnetic resonance imaging with standard contrast agents:**

- magnetic resonance imaging (MRI) of the head
- magnetic resonance imaging (MRI) of the head + angio
- magnetic resonance imaging (MRI) of the head, angiography
- magnetic resonance imaging (MRI) of the abdominal cavity
- magnetic resonance imaging (MRI) of the abdominal cavity and pelvis
- magnetic resonance imaging (MRI) of the abdomen and small pelvis
- 
- magnetic resonance imaging (MRI) of the adrenal glands
- magnetic resonance imaging (MRI) of the ankle joint
- magnetic resonance imaging (MRI) of the ankle joint, arthrography
- magnetic resonance imaging (MRI) of the arm
- magnetic resonance imaging (MRI) of the bone pelvis
- magnetic resonance imaging (MRI) of the breasts
- magnetic resonance imaging (MRI) of the cervical spine (C)
- magnetic resonance imaging (MRI) of the chest
- magnetic resonance imaging (MRI) of the elbow joint
- magnetic resonance imaging (MRI) of the elbow joint, arthrography
- magnetic resonance imaging (MRI) of the foetus
- magnetic resonance imaging (MRI) of the foot
- magnetic resonance imaging (MRI) of the forearm
- magnetic resonance imaging (MRI) of the hand
- magnetic resonance imaging (MRI) of the head and the hypophysis
- magnetic resonance imaging (MRI) of the hip joint
- magnetic resonance imaging (MRI) of the hip joints
- magnetic resonance imaging (MRI) of the joints with colour cartilage imaging
- magnetic resonance imaging (MRI) of the kidney arteries, arteriography

#### **Computer tomography with standard contrast agents:**

- computed tomography of the wrist, arthrography
- computed tomography of the shoulder joint, arthrography
- computed tomography of the knee joint, arthrography
- computed tomography of the elbow joint, arthrography
- computed tomography of the ankle joint, arthrography
- computed tomography of the abdominal aorta, angiography
- computed tomography of the thoracic aorta, angiography
- computed tomography of the head, angiography – examination of veins and sinuses of the brain
- computed tomography of the head, angiography – arteries
- computed tomography of the abdomen and small pelvis, angiography

- thyroid ultrasound
- ultrasound of subcutaneous tissue (lipomas, fibromas, etc.)
- transrectal prostate ultrasound
- urinary tract ultrasound
- urinary tract ultrasound + TRUS
- lymph node ultrasound
- ultrasound of ligaments, muscles, small joints

- magnetic resonance imaging (MRI) of the knee joint
- magnetic resonance imaging (MRI) of the knee joint, arthrography
- magnetic resonance imaging (MRI) of the lower limb arteries, arteriography
- magnetic resonance imaging (MRI) of the lumbar spine
- magnetic resonance imaging (MRI) of the neck
- magnetic resonance imaging (MRI) of the orbits
- magnetic resonance imaging (MRI) of the pituitary gland
- magnetic resonance imaging (MRI) of the sacroiliac joints
- magnetic resonance imaging (MRI) of the shank
- magnetic resonance imaging (MRI) of the shoulder joint
- magnetic resonance imaging (MRI) of the shoulder joint, arthrography
- magnetic resonance imaging (MRI) of the sinuses
- magnetic resonance imaging (MRI) of the small pelvis
- magnetic resonance imaging (MRI) of the splanchnocranium
- magnetic resonance imaging (MRI) of the thigh
- magnetic resonance imaging (MRI) of the thoracic spine (Th)
- magnetic resonance imaging (MRI) of the wrist
- magnetic resonance imaging (MRI) of the wrist, arthrography
- magnetic resonance imaging (MRI), cholangiography
- magnetic resonance imaging (MRI), urography
- magnetic resonance imaging of the abdominal cavity and cholangiography
- magnetic resonance imaging of the heart with morphology evaluation and quantitative assessment of function and LGE
- magnetic resonance, angiography of the great vessels of the chest

- computed tomography of the chest, angiography
- computed tomography of the lower limbs, angiography
- computed tomography of the upper limbs, angiography
- computed tomography of the upper abdomen, angiography
- computed tomography of the small pelvis' arteries, angiography
- computed tomography of carotid arteries, angiography
- computed tomography, bronchography
- low-dose computed tomography (CT) of the chest
- computed tomography, colonography
- computed tomography of the coronary vessels – arteries
- computed tomography of the head
- computed tomography of the abdomen

- computed tomography of the abdomen and small pelvis
- computed tomography of the abdomen (triple-phase)
- computed tomography of the chest
- computed tomography of the chest (HRCT)
- computed tomography of the chest and abdomen
- computed tomography of the temporal bones
- computed tomography of the chest, abdomen, small pelvis
- computed tomography of the lumbar + sacral spine
- computed tomography of the lumbar spine
- computed tomography of the thoracic spine
- computed tomography of the thoracic + lumbar spine
- computed tomography of the cervical spine
- computed tomography of the cervical + lumbar spine
- computed tomography of the cervical + thoracic spine
- computed tomography of the cervical + thoracic + lumbar spine
- computed tomography of the larynx
- computed tomography of the bony pelvis
- computed tomography of the small pelvis

- computed tomography of the wrist
- computed tomography of the orbits
- computed tomography of the lower leg
- computed tomography of the forearm
- computed tomography of the pituitary gland
- computed tomography of the arm
- computed tomography of the hand
- computed tomography of the shoulder joint
- computed tomography of the knee joint
- computed tomography of the elbow joint
- computed tomography of the ankle joint
- computed tomography of the foot
- computed tomography of the neck
- computed tomography of the neck, thorax, abdomen, small pelvis
- computed tomography of the splanchnocranium
- computed tomography of the upper leg
- computed tomography of the sinuses

#### Endoscopic examinations with endoscopic biopsy specimen sampling (except for polyps):

- anoscopy
- histopathological examination — endoscopy biopsy material
- laryngological endoscopy
- gastroscopy (with urease test)
- colonoscopy
- rectoscopy
- sigmoidoscopy

#### Other diagnostic tests and examinations:

- ABR – differential diagnostics
- ABR – latencies
- fluorescein angiography
- standard audiometry – supraliminal audiometry
- standard audiometry – verbal audiometry
- standard audiometry\*
- standard\* cardiac stress test
- impedance audiometry with tympanometry and stapedial muscle reflex evaluation (IA)
- dark adaptation test
- EEG examination following sleep deprivation
- EEG examination following sleep deprivation (children)
- standard\* EEG (children)
- standard\* EEG
- resting ECG
- EMG – electromyography – quantitative assessment of the muscle
- EMG – electromyography – motor neuron disease / amyotrophic lateral sclerosis (MND / ALS)
- EMG – electromyography – facial nerve
- EMG – electromyography – non-traumatic nerve injury
- EMG – electromyography – assessment of muscle function at rest
- EMG – electromyography – polyneuropathy / myopathy
- EMG – electromyography – traumatic nerve injury
- EMG – electromyography – ischemic (tetany) test
- EMG – electromyography – myasthenia test
- EMG – electromyography – plexus injury
- EMG – electromyography – carpal tunnel syndrome, 1 hand
- EMG – electromyography – carpal tunnel syndrome, 2 hands
- GDX examination
- ganglion cell testing (GCC examination)
- anomaloscope test
- OCT examination – one eye
- OCT examination, iridocorneal angle
- OCT examination of the macula
- RNFL and optic nerve tomography (OCT of the optic disc)
- audiometric test – characteristics of tinnitus
- audiometric test – determination of uncomfortable listening level (UCL)
- audiometric test – whisper test
- uroflowmetry
- densitometry lumbar spine (trabecular bone assessment) — screening
- densitometry femoral collum (cortical bone assessment) — screening
- electroneurography (ENG) – sensory nerve
- electroneurography (ENG) – motor nerve (long)
- electroneurography (ENG) – motor nerve (short sections)
- electronystagmography (ENG)
- colposcopy
- computerised visual field test
- otoacoustic emission
- pachymetry
- vibratory perception
- labyrinth test
- cardiac stress test
- cold provocation test
- cold provocation test with skin thermometry and compression test
- exercise ECG using a cycloergometer
- spirometry – diastolic test
- spirometry without medication

- tilt test
- tympanometry
- videonystagmography (VNG)
- mounting pressure Holter (ABPM) device in a doctor's office
- mounting holter ecg monitor with 12 leads (for 24h)
- standard\* ECG Holter fitting (for 24h) at the doctor's office

Technological advances can cause changes in the names and techniques of diagnostic tests:

- ✓ if the new test method **does not result in a change in the purpose and scope of the study** in accordance with its original purpose - these changes **do not affect the scope of the Health Benefit** "Diagnostic tests and examinations ";
- ✓ if the new test/examination method **results in an expansion of the scope of the test/examination** beyond the scope specified in accordance with its original purpose, **the additional elements of the test/examination are not included** in the scope of the Health Benefit "Diagnostic tests and examinations ", and their implementation may result in **an additional charge** to the Eligible Person.



## Allergy tests

The health service "Allergy tests " is performed:

- ✓ **on the basis of a referral** issued by the Physician, solely on the basis of medical indications in the course of the ongoing diagnostic and therapeutic procedure,
- ✓ solely in medical facilities indicated by LUX MED.

The results of allergy tests are provided to the Eligible Person in accordance with the standards in force in a given Medical Facility.

The scope of the service **includes** the following:

- **allergological consultation** – eligibility assessment before tests;

**Allergic skin tests** – performed by the point (prick) method, using standard allergens approved for use in the territory of the Republic of Poland:

- skin allergy tests – 1 spot
- skin allergy tests – food allergy panel
- skin allergy tests – inhaled allergens panel

**Patch / contact skin tests** – performed by the patch method, using standard allergens approved for use in the territory of the Republic of Poland:

- patch/contact tests – 1 spot
- patch/contact tests – cosmetic panel
- patch/contact tests – crural ulceration panel
- patch/contact tests – basic panel

**Allergy tests from blood** including collection of material for test (blood) – tests consist in the determination of specific IgE antibodies to selected allergens, performed in accordance with current medical knowledge and using laboratory tests approved for diagnosis in the territory of the Republic of Poland:

- Specific IgE testing: Acarus siro D70 (in dust)
- Specific IgE testing: Alternaria tenuis M6
- Specific IgE testing: Amoxicillin C204
- Specific IgE testing: Aspergillus fumigatus M3
- Specific IgE testing: Ribwort plantain W9
- Specific IgE testing: Banana F92
- Specific IgE testing: Egg white F1
- Specific IgE testing: Papillary birches T3
- Specific IgE testing: Mugwort W6
- Specific IgE testing: Candida albicans M5
- Specific IgE testing: Onion F48
- Specific IgE testing: Chironomus plumosus 173
- Specific IgE testing: Weeds – blend: mugwort (W6), stinging nettle (W20), European goldenrod (W12), ribwort plantain (W9), Chenopodium album (W10)
- Specific IgE testing: Cladosporium herbarum M2
- Specific IgE testing: Chocolate F105
- Specific IgE testing: Cod F3
- Specific IgE testing: Brewer's yeast F403
- Specific IgE testing: Trees – blend: alder (T2), birch (T3), hazel (T4), oak (T7), willow (T12)
- Specific IgE testing: Beans F15
- Specific IgE testing: FP5 – food blend (paediatric): cod (F3), egg white (F1), peanut (F13), cow's milk (F2), soy (F14), wheat flour (F4)
- Specific IgE testing: Ascaris lumbricoides P1
- Specific IgE testing: Gluten (gliadin) F79
- Specific IgE testing: GP4 – late grass blend: sweet vernal grass (G1), perennial rye grass (G5), timothy grass (G6), common reed grass (G7), rye (G12), yorkshire fog (G13)
- Specific IgE testing: Pea F12
- Specific IgE testing: Pear F94
- Specific IgE testing: Buckwheat F11
- Specific IgE testing: Turkey F284
- Specific IgE testing: Apple F20
- Specific IgE testing: Wasp venom SP I3
- Specific IgE testing: Bee venom I1
- Specific IgE testing: European hornet venom I5
- Specific IgE testing: Lamb F88
- Specific IgE testing: Whole egg F245
- Specific IgE testing: Barley F6
- Specific IgE testing: Cocoa F93
- Specific IgE testing: Cockroach, German cockroach I6
- Specific IgE testing: Coffee F221
- Specific IgE testing: Casein F78

- Specific IgE testing: Kiwi F84
- Specific IgE testing: Mosquito I71
- Specific IgE testing: Chenopodium album W10
- Specific IgE testing: Dill 277
- Specific IgE testing: Meadow fescue G4
- Specific IgE testing: Cocksfoot G3
- Specific IgE testing: Sweetcorn F8
- Specific IgE testing: Chicken F83
- Specific IgE testing: Dust – blend
- Specific IgE testing: Latex K82
- Specific IgE testing: Lepidoglyphus destructor D71
- Specific IgE testing: Corylus avellana T4
- Specific IgE testing: Blend FP2 – fish, crustacean, seafood: cod (F3), shrimp (F24), salmon (F41), mussel (F37), tuna (F40)
- Specific IgE testing: Carrot F31
- Specific IgE testing: mould blend MP1: Alternaria tenuis (M6), Penicillium notatum (M1), Cladosporium herbarum (M2), Aspergillus fumigatus (M3), Candida albicans (M5)
- Specific IgE testing: Epidermis blend EP1: dog (E5), cat (E1), horse (E3), cow (E4)
- Specific IgE testing: Cow's milk – alpha-lactalbumin F76
- Specific IgE testing: Cow's milk – Beta-lactoglobulin F77
- Specific IgE testing: Cow's milk F2
- Specific IgE testing: Mucor racemosus M4
- Specific IgE testing: Mustard F89
- Specific IgE testing: Hamster epidermis E84
- Specific IgE testing: Rabbit epidermis E82
- Specific IgE testing: Sheep epidermis E81
- Specific IgE testing: Guinea pig epidermis E6
- Specific IgE testing: Pigeon faeces E7
- Specific IgE testing: Cucumber F244
- Specific IgE testing: Alder T2
- Specific IgE testing: Hazelnut F17
- Specific IgE testing: Walnut F256
- Specific IgE testing: Peanut F13
- Specific IgE testing: Oats F7
- Specific IgE testing: Respiratory allergen panel
- Specific IgE testing: Mixed panel
- Specific IgE testing: Food panel
- Specific IgE testing: Penicillium notatum M1
- Specific IgE testing: Black pepper F280
- Specific IgE testing: Feathers (goose) E70
- Specific IgE testing: Feather blend EP71: duck feathers (E86), goose feathers (E70), hen feathers, turkey feathers
- Specific IgE testing: Parsley F86
- Specific IgE testing: Duck feathers E86
- Specific IgE testing: Canary feathers E201
- Specific IgE testing: Budgerigar feathers E78
- Specific IgE testing: Orange F33
- Specific IgE testing: Tomato F25
- Specific IgE testing: Wheat F4
- Specific IgE testing: Rye pollen G12
- Specific IgE testing: Mite Dermathophag Pteronys. D1
- Specific IgE testing: Mite Dermathophag Farinae D2
- Specific IgE testing: Rice F9
- Specific IgE testing: Celery F85
- Specific IgE testing: Cheddar cheese F81
- Specific IgE testing: Horse hair E3
- Specific IgE testing: Cat hair E1
- Specific IgE testing: Dog coat E2
- Specific IgE testing: Soybean F14
- Specific IgE testing: Poplar T14
- Specific IgE testing: Grasses – blend GP1 (orchard grass G3, meadow fescue G4, perennial rye grass G5, timothy grass G6, Kentucky bluegrass G8)
- Specific IgE testing: Strawberry F44
- Specific IgE testing: Tuna F40
- Specific IgE testing: Timothy grass G6
- Specific IgE testing: Tyrophagus putrescentiae
- Specific IgE testing: Pork F26
- Specific IgE testing: Willow T12
- Specific IgE testing: Beef F27
- Specific IgE testing: Potato F35
- Specific IgE testing: Egg yolk F75
- Specific IgE testing: Rye F5

Technological advances can cause changes in the names and techniques of allergy tests:

- ✓ if the new test/examination method **does not result in a change in the purpose and scope of the test/examination** in accordance with its original purpose – these changes **do not affect the scope of** the health service "Allergic tests";
- ✓ if the new test/examination method **results in an expansion of the scope of the test/examination** beyond the scope specified in accordance with its original purpose, **the additional elements of the test/examination are not included** in the scope of the Health Benefit "Allergy tests", and their implementation may result in **an additional charge** to the Eligible Person.



## Pregnancy care

The service "Pregnancy care" includes monitoring of physiological pregnancy by a physician in accordance with LUX MED standards, by a Physician in in medical facilities indicated by LUX MED.

The service "Pregnancy care" is performed:

- ✓ in medical facilities indicated by LUX MED upon presentation of "**pregnancy record**" provided to the Eligible Person by the Physician;
- ✓ the tests and examinations that are covered by the service "Pregnancy care" are performed **on the basis of a letter of referral** issued by a Physician.

The service "Pregnancy care" **does not include**:

- ✓ **complicated pregnancy**, including **multiple pregnancy** – in accordance with the current Regulation of the Minister of Health on the organisational standard of perinatal care, in such cases the Eligible Person is referred to specialised centres with the appropriate level of referral;
- ✓ tests and examinations not included in its scope – also in the event that there are medical indications to perform them during pregnancy and make a corresponding entry in the pregnancy record. These examinations may be performed outside the scope of the health service "Pregnancy care", at the expense of the Eligible Person or as part of his/her entitlement under the concluded agreement, as long as they are within the scope of health services of this agreement.

If a test or an examination from the scope of "Pregnancy care" is marked as **"standard"** it should be understood as a service that is generally available and commonly used in the territory of the Republic of Poland, in accordance with current medical knowledge and clinical practice accepted under the conditions of the health care system in Poland.

The service "Pregnancy care" **includes**:

**Consultations with a Physician and a midwife:**

- **gynaecologist consultation** — pregnancy care
- prenatal / postnatal midwife education – **a limit of 6 meetings in the 12-month period of the Agreement**

**Tests and examinations:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• free estriol</li> <li>• fasting glucose</li> <li>• glucose 75 g, 1-hour glucose challenge test</li> <li>• glucose 75 g, 2-hour glucose challenge test</li> <li>• blood group (AB0), Rh factor and antibody screening</li> <li>• HBs antibodies</li> <li>• HBs antigen</li> <li>• HCV Ab/antibodies</li> <li>• HIV-1/HIV-2</li> <li>• urinalysis</li> <li>• blood count + platelet count + automated smear</li> <li>• immune antibody screening / alloantibodies</li> <li>• endocervical smear for GC</li> <li>• vaginal smear for GC</li> <li>• rubella IgG</li> </ul> | <ul style="list-style-type: none"> <li>• rubella IgM</li> <li>• basic syphilis serology (VDRL or USR or anti-TP)</li> <li>• HPV HR test with possible LBC cytology (in the case of a positive HPV HR result)</li> <li>• toxoplasma IgG</li> <li>• toxoplasma IgM</li> <li>• total beta-hCG</li> <li>• obstetric ultrasound</li> <li>• transvaginal obstetric ultrasound</li> <li>• transabdominal gynaecological ultrasound</li> <li>• transvaginal gynecological ultrasound</li> <li>• rectal swabs and vaginal swabs towards group B Streptococcus (GBS)</li> </ul> |
|---|---|



## Preventive health check

The health service "Preventive health check" aims at performing certain medical consultations and tests and examinations within the scope and then providing the Physician with recommendations for the future regarding his/her health status.

The health service "Preventive health check – option 2" is performed:

- ✓ **once in each 12-month agreement period**;
- ✓ in medical facilities indicated by LUX MED;
- ✓ solely for Eligible Persons **over 18 years of age**, depending on the gender;
- ✓ After prior appointment, the Eligible Person should report the need for the provision of the Health Service via the form available at: <https://www.luxmed.pl/strona-glowna/kontakt/infolinia.html>.

If a test or an examination from the scope of "Preventive health check" is marked as **"standard"** it should be understood as a service that is generally available and commonly used in the territory of the Republic of Poland, in accordance with current medical knowledge and clinical practice accepted under the conditions of the health care system in Poland.

The health service "Preventive health check – option 2" **does not include** medical consultations and tests and examinations not included in its scope – also in the event that there are medical indications to perform them during check-up. These examinations may be performed outside the scope of the health service "Preventive health check – option 2", at the expense of the Eligible Person or as part of his/her entitlement under the concluded agreement, as long as they are within the scope of health services of this agreement.

The health service "Preventive health check" **includes**:

**for women:**

- telephone **consultation that opens the check-up** regarding health status, during which a medical history is taken and referrals for tests or examinations are made as indicated;

**medical consultations:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• gynaecological consultation</li> <li>• dermatological consultation with standard* dermatoscopy</li> </ul> | <ul style="list-style-type: none"> <li>• ophthalmologist / optometry consultation</li> </ul> |
|--|--|

#### laboratory tests:

- fasting glucose
- HBs antigen
- HCV Ab/antibodies
- creatinine
- faecal occult blood (FOB)
- uric acid
- lipid profile (CHOL, HDL, LDL, TG)
- urinalysis
- blood count + platelet count + automated smear
- ESR
- hPV HR test with possible LBC cytology (in the case of a positive HPV HR result)
- GPT/ALT transaminase
- TSH/hTSH

**imaging tests in case of legitimate medical indications, performed on the basis of a referral issued by the Physician as part of the check-up:**

- breast ultrasound or mammography
- PA chest X-ray
- thyroid ultrasound
- abdominal ultrasound
- transabdominal gynaecological ultrasound or transvaginal ultrasound

#### functional tests / examinations:

- resting ECG
- internal medicine consultation that **concludes the check-up**, during which the Eligible Person obtains **recommendations for the future on their health status**.
- spirometry

#### for men:

- telephone **consultation that opens the check-up** regarding health status made by a Physician or a nurse, during which a medical history is taken and referrals for tests or examinations are made as indicated;

#### medical consultations:

- urological consultation
- ophthalmologist / optometry consultation

#### laboratory tests:

- fasting glucose
- HBs antigen
- HCV Ab/antibodies
- creatinine
- faecal occult blood (FOB)
- uric acid
- lipid profile (CHOL, HDL, LDL, TG)
- urinalysis
- blood count + platelet count + automated smear
- ESR
- PSA panel (PSA, FPSA, FPSA / PSA index)
- GPT/ALT transaminase
- TSH/hTSH

**imaging tests in case of legitimate medical indications, performed on the basis of a referral issued by the Physician as part of the check-up:**

- PA chest X-ray
- transabdominal prostate ultrasound
- thyroid ultrasound
- abdominal ultrasound
- testicular ultrasound

#### functional tests / examinations:

- resting ECG
- internal medicine consultation that **concludes the check-up**, during which the Eligible Person obtains **recommendations for the future on their health status**.
- spirometry



## Physiotherapy

The health service "Physiotherapy" allows an Eligible Person to use the following in medical facilities indicated by LUX MED:

- ✓ **consultations with a physiotherapist;**
- ✓ **from the number of physiotherapy treatments as prescribed by the Physician or physiotherapist (excluding neurokinesiology rehabilitation or postural defects, for which a specific number of physiotherapy treatments is provided below);**
- ✓ **only based on referral** issued by a physical therapist or a Physician specialised in orthopaedics, neurology, neurosurgery, rheumatology, medical rehabilitation and balneology).

A consultation with a physical therapist **includes**: medical history taking, functional examination, physical therapist's advice and procedures necessary for making a functional diagnosis, making an appropriate therapeutic decision and determining the mode of medical rehabilitation.

A consultation with a physical therapist **does not include**: rehabilitation or kinesiotherapy activities (i.e. it does not include conducting Physiotherapy and Kinesiotherapy treatments).

The range of physiotherapy treatments **includes** exclusively rehabilitation of the motor organ and is provided subject to the fulfillment of eligibility criteria, which include:

- ✓ diagnosed osteoarthritis;
- ✓ occupational diseases of the musculoskeletal system (confirmed by a certificate);



- ✓ past orthopaedic injuries;
- ✓ pain syndromes of neurological origin;
- ✓ scar at the procedure site.

The scope of physiotherapy treatments **does not include** its costs in the case of rehabilitation that is carried out in connection with:

- ✓ congenital malformations and their consequences;
- ✓ perinatal injuries;
- ✓ chronic connective tissue disorders and their consequences;
- ✓ demyelinating diseases and their consequences;
- ✓ neurodegenerative diseases and their consequences;
- ✓ physiotherapy after surgeries not performed in the LUX MED Hospitals;
- ✓ cardiac incidents, neurological and cerebrovascular incidents;
- ✓ postural problems;
- ✓ urogynaecological physiotherapy;
- ✓ physiotherapy with highly specialised methods (mechanical methods, neurophysiological methods, osteopathic techniques);
- ✓ services in the nature of diagnostics and functional training, corrective gymnastics and fitness;
- ✓ physiotherapy of sterile necrosis;
- ✓ physiotherapy of keloid scars;
- ✓ burn conditions;
- ✓ visceral therapy – therapy of internal organs.

As part of "Physiotherapy" an Eligible Person may benefit **from the number of rehabilitation treatments as recommended by the Physician or physiotherapist** (excluding health services **in the scope of neurokinesiology rehabilitation or postural defects, the number of which is**

**limited to 5 treatments (in total) in each 12-month agreement period**, from the list of available Physiotherapy and Kinesitherapy procedures:

- |   |   |
|---|---|
| • physical therapy – lower limb muscle electrostimulation | • physical therapy – ionophoresis cervical spine                              |
| • physical therapy – upper limb muscle electrostimulation | • physical therapy – ionophoresis wrist                                       |
| • physical therapy – phonophoresis lumbar spine           | • physical therapy – ionophoresis lower leg                                   |
| • physical therapy – phonophoresis thoracic spine         | • physical therapy – ionophoresis forearm                                     |
| • physical therapy – phonophoresis cervical spine         | • physical therapy – ionophoresis arm   |
| • physical therapy – phonophoresis wrist                  | • physical therapy – ionophoresis hand  |
| • physical therapy – phonophoresis lower leg              | • physical therapy – ionophoresis shoulder joint                              |
| • physical therapy – phonophoresis forearm                | • physical therapy – ionophoresis hip joint                                   |
| • physical therapy – phonophoresis arm                    | • physical therapy – ionophoresis knee joint                                  |
| • physical therapy – phonophoresis hand                   | • physical therapy – ionophoresis elbow joint                                 |
| • physical therapy – phonophoresis shoulder joint         | • physical therapy – ionophoresis ankle joint                                 |
| • physical therapy – phonophoresis hip joint              | • physical therapy – ionophoresis foot  |
| • physical therapy – phonophoresis knee joint             | • physical therapy – ionophoresis upper leg                                   |
| • physical therapy – phonophoresis elbow joint            | • physical therapy – local cryotherapy lumbar spine                           |
| • physical therapy – phonophoresis ankle joint            | • physical therapy – local cryotherapy thoracic spine                         |
| • physical therapy – phonophoresis foot                   | • physical therapy – local cryotherapy cervical spine                         |
| • physical therapy – phonophoresis upper leg              | • physical therapy – local cryotherapy wrist                                  |
| • physical therapy – galvanotherapy lumbar spine          | • physical therapy – local cryotherapy lower leg                              |
| • physical therapy – galvanotherapy thoracic spine        | • physical therapy – local cryotherapy forearm                                |
| • physical therapy – galvanotherapy cervical spine        | • physical therapy – local cryotherapy arm                                    |
| • physical therapy – galvanisation wrist                  | • physical therapy – local cryotherapy hand                                   |
| • physical therapy – galvanisation lower leg              | • physical therapy – local cryotherapy shoulder joint                         |
| • physical therapy – galvanisation forearm                | • physical therapy – local cryotherapy hip joint                              |
| • physical therapy – galvanisation arm                    | • physical therapy – local cryotherapy knee joint                             |
| • physical therapy – galvanisation hand                   | • physical therapy – local cryotherapy elbow joint                            |
| • physical therapy – galvanisation shoulder joint         | • physical therapy – local cryotherapy ankle joint                            |
| • physical therapy – galvanisation hip joint              | • physical therapy – local cryotherapy foot                                   |
| • physical therapy – galvanisation knee joint             | • physical therapy – local cryotherapy upper leg                              |
| • physical therapy – galvanisation elbow joint            | • physical therapy – laser therapy for scar (excluding CO <sub>2</sub> laser) |
| • physical therapy – galvanisation ankle joint            | • physical therapy – low-energy laser therapy of the lumbar spine             |
| • physical therapy – galvanisation foot                   | • physical therapy – low-energy laser therapy of the thoracic spine           |
| • physical therapy – galvanisation upper leg              |   |
| • physical therapy – ionophoresis lumbar spine            |   |
| • physical therapy – ionophoresis thoracic spine          |   |



- 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 therapy scars
- kinesitherapy – instructional exercises lumbar spine
- kinesitherapy – instructional exercises thoracic spine
- kinesitherapy – instructional exercises cervical spine
- kinesitherapy – instructional exercises wrist
- kinesitherapy – instructional exercises shank
- kinesitherapy – instructional exercises forearm
- kinesitherapy – instructional exercises arm
- kinesitherapy – instructional exercises hand
- kinesitherapy – instructional exercises shoulder joint
- kinesitherapy – instructional exercises hip joint
- kinesitherapy – instructional exercises knee joint
- kinesitherapy – instructional exercises elbow joint
- kinesitherapy – instructional exercises ankle joint
- kinesitherapy – instructional exercises foot
- kinesitherapy – instructional exercises thigh
- kinesitherapy – function-improving exercises lumbar spine
- kinesitherapy – function-improving exercises thoracic spine
- kinesitherapy – function-improving exercises cervical spine
- kinesitherapy – function-improving exercises wrist
- kinesitherapy – function-improving exercises shank
- kinesitherapy – function-improving exercises forearm
- kinesitherapy – function-improving exercises arm
- kinesitherapy – function-improving exercises hand
- kinesitherapy – function-improving exercises shoulder joint
- kinesitherapy – function-improving exercises hip joint
- kinesitherapy – function-improving exercises knee joint
- kinesitherapy – function-improving exercises elbow joint
- kinesitherapy – function-improving exercises ankle joint
- kinesitherapy – function-improving exercises foot
- kinesitherapy – function-improving exercises thigh
- kinesitherapy – exercises improving postural defects in children
- 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 foot
- kinesitherapy – individual therapy upper leg
- kinesitherapy – lumbar spine traction
- kinesitherapy – cervical spine traction
- kinesitherapy – individual therapy – scars
- individual therapy using neurokinesiology / neurophysiology methods for children
- myorelaxation therapy – therapeutic spinal massage



## Dentistry

### Dental standby duty

The health benefit "Dentistry, Dental standby duty" allows an Eligible Person to receive emergency dental care *in the event of a sudden illness or accident*.

The health service, depending on the medical facility, **includes**: coverage or reimbursement of the costs of emergency dental care **up to the maximum amount, i.e. PLN 350 per one or all cases of dental on an ad hoc basis in each 12-month agreement period**.

The scope of the health service provided **on an ad hoc basis includes only**:

- emergency tooth pulp devitalisation in a deciduous tooth with cavity dressing
- emergency tooth pulp devitalisation with cavity dressing
- emergency periapical abscess decompression
- emergency medicinal dressing on a deciduous tooth
- emergency medicinal dressing on a permanent tooth
- emergency extraction of a single-rooted tooth
- emergency extraction of a single-rooted deciduous tooth extraction
- emergency extraction of a multi-rooted tooth
- emergency extraction of a multi-rooted deciduous tooth extraction
- emergency dry socket irrigation + application of medication
- emergency single tooth X-ray
- emergency extraction of a tooth by intra-alveolar chiselling
- emergency repositioning and immobilisation of an avulsed tooth
- emergency dental abscess incision – including drainage
- emergency dental local infiltration anaesthesia
- emergency dental local permeation anaesthesia
- emergency dental intraoral conduction anaesthesia

The health care service is provided only outside the working hours of LUX MED's own Facilities.

A precondition for obtaining the health service “Dentistry – option 3, Dental standby duty” shall be for the patient to notify the need to attend a dental standby duty using our Phone Line (on 22 33 22 888), and then avail of the services at a medical facility indicated by LUX MED, in line with the instructions provided by the Phone Line staff.

If the indicated medical facility does not offer cashless services, the Eligible Person must cover the costs of the services performed in accordance with the applicable price list, then submit an application for a reimbursement with attached original invoices or receipts for services provided.

The invoice or receipt should include:

- ✓ particulars of the Eligible Person to whom dental standby duty services have been provided (at least name, surname, address of residence). If an Eligible Person is a minor, the invoice shall be issued for the de facto carer or legal guardian of the child, and the invoice should include the data of the minor Eligible Person to whom the services were provided;
- ✓ a list of services performed for the Eligible Person (indicated in the invoice) or an attached specification issued by the Medical Facility providing these services, indicating names of the given services, or a copy of the medical record related to the specific services provided;
- ✓ the number of performed services of a given type;
- ✓ the date of the services provided;
- ✓ the unit price of each healthcare service provided.

The application for reimbursement, together with the documents certifying the costs incurred, should be sent by the Eligible Person to LUX MED within **no more than 3 months** from the date the Health Service was provided to him/her. The mailing address to which the Application for Reimbursement should be sent is on the application form.

LUX MED shall reimburse the costs to the bank account number indicated in the Application Form (or in the case of minor Eligible Persons to the bank account of the de facto carer or legal guardian of the child) within 30 days from the date of delivery of the complete Application Form. If, in the course of verifying the Application, LUX MED requests the Eligible Person to supplement the Application or to complete the attached documentation proving that the costs have been incurred – the payment period referred to in the preceding sentence may be extended.

The application form for reimbursement is available at [www.luxmed.pl](http://www.luxmed.pl)

If, after the refund has been paid, LUX MED obtains evidence that it has been misled – as to the amount of the refund due or as to the identity of the Person entitled to receive the refund – as a result of which the refund in whole or in part has become undue, LUX MED may request that the Person who received the payment of the refund amount be reimbursed in whole or in part, together with statutory intervals calculated from the date of the transfer of the refund amount.

### Preventive dental care

The health benefit “Dentistry , Preventive dental care” allows an Eligible Person to use **1 consultation with a dentist** specialised in **conservative dentistry in each 12-month agreement period**.

The health service is performed solely in medical facilities indicated by LUX MED and includes: dental consultation aiming at screening of the teeth of the Eligible Person by a dentist and performing oral hygiene procedures by a dental hygienist.

The scope of the health service **includes**:

- dental consultation
- individual fluoride treatment, topical
- instructions on oral hygiene
- dental fluoride treatment (Fluor Protector) 1 dental arch
- dental fluoride treatment (Fluor Protector) 1/2 of dental arch
- dental fluoride treatment (Fluor Protector) 2 dental arches
- tooth polishing
- periodontal scaling – complementary
- periodontal scaling from 1 dental arch
- periodontal scaling of all teeth
- deposit removal – sandblasting

### Anaesthesia

The health service “Dentistry, Anaesthesia” allows an Eligible Person to benefit from anaesthesia during dental procedures and **includes** the following:

- dental anaesthesia with a WAND device
- dental local infiltration anaesthesia
- dental local permeation anaesthesia
- dental intraoral conduction anaesthesia

The health service “Dentistry, Anaesthesia” **does not include dental healthcare services performed under general anaesthesia**.

### Conservative dentistry

The health benefit “Dentistry, Conservative dentistry” allows an Eligible Person to use **a consultation with a dentist** specialised in **conservative dentistry** and undergo the following dental procedures in the scope of conservative dentistry (together with the materials used during their provision):

- examination of tooth vitality
- circumpulpal pin inlay
- cauterisation of interdental papilla
- cosmetic covering of enamel hypoplasia – composite veneer

- cosmetic covering of discoloured dentine in anterior teeth – composite veneer
- treatment of oral mucosa lesions
- medicinal dressing on a permanent tooth
- periodontal pocket irrigation
- periodontal pocket irrigation and drug application
- restoration of damaged incisal angle with regular light-cured composite
- glass ionomer filling
- tooth cavity filling 1 surface with regular light-cured composite
- tooth cavity filling 2 surfaces with regular light-cured composite
- tooth cavity filling 3 surfaces with regular light-cured composite

#### Paedodontics

The health benefit "Dentistry, Paedodontics" allows an Eligible Person to use **a consultation with a dentist specialised in paedodontics and undergo the following dental procedures in the scope of paedodontics** (together with the materials used during their provision):

- vital pulp amputation in a tooth with unformed root
- amputation of devitalised deciduous tooth pulp
- paedodontic consultation
- tooth pulp devitalisation in a deciduous tooth with cavity dressing
- dentine impregnation – per tooth
- endodontic treatment of a deciduous tooth
- treatment of pulp necrosis in a deciduous tooth
- medicinal dressing on a deciduous tooth
- adaptation visit (children) – dentistry
- baby tooth cavity filling 1 surface
- baby tooth cavity filling 1 surface, therapeutic
- baby tooth cavity filling 2 surfaces
- baby tooth cavity filling 2 surfaces, therapeutic
- baby tooth cavity filling 3 surfaces
- baby tooth cavity filling 3 surfaces, therapeutic
- preventive fissure sealing – limit: 8

#### Dental surgery

The health benefit "Dentistry, Dental surgery" allows an Eligible Person to use **a consultation with a dental surgeon and undergo the following dental procedures in the scope of dental surgery** (together with the materials used during their provision) in in medical facilities indicated by LUX MED:

- dental abscess incision – including drainage
- surgical exposure of an impacted tooth
- surgical exposure of an impacted tooth with bracket attachment
- surgical extraction of a partially impacted tooth
- surgical tooth extraction – surgically complex
- frenuloplasty, meloplasty, glossoplasty — dentistry
- dry socket irrigation + application of medication
- sampling of a biopsy specimen in the oral cavity
- repositioning and immobilisation of an avulsed tooth
- apicoectomy of a posterior tooth
- apicoectomy of a posterior tooth, with retrograde root canal filling
- apicoectomy of an anterior tooth
- apicoectomy of an anterior tooth, with retrograde root canal filling
- single-rooted tooth extraction
- single-rooted deciduous tooth extraction
- extraction of a tooth by intra-alveolar chiselling
- extraction of a tooth by extra-alveolar chiselling with formation of a mucoperiosteal flap
- multi-rooted tooth extraction
- multi-rooted deciduous tooth extraction
- excision of a gingival flap within 1 tooth
- excision of nodule, nodule-like lesion, mucocele — dentistry
- enucleation of odontogenic cyst
- surgical dressing – dentistry

In addition, an Eligible Person can take advantage of **a 15% discount** from the price list of a given Medical Facility indicated by LUX MED for **dental treatments** in the field of **dental surgery** performed at that Medical Facility:

- bone augmentation 1
- bone augmentation 2
- bone augmentation 3
- maxillary sinus 1 augmentation
- maxillary sinus 2 augmentation
- maxillary sinus 3 augmentation
- autogenic bone transplant to 3 alveoli
- i-GEN membrane or titanium mesh plus application
- collagen membrane plus application
- membrane plus application
- connective tissue replacement membrane plus application
- surgical removal of tooth buds
- closure of oroantral communication or fistula
- alveoloplasty within a half of maxilla – preparation for prosthetic restoration
- alveoloplasty with a transplant – excluding cost of material
- connective tissue transplant from a palate – sampling
- alveolar regeneration / augmentation following extraction using collagen cones
- alveolar regeneration / augmentation following extraction using biomaterial
- tooth reimplantation
- repositioning and immobilisation of a fractured alveolar process
- repositioning and immobilisation of an avulsed mandible
- stitching a lip wound
- inferior alveolar nerve transposition
- temporary management of fractured maxilla
- i-Gen membrane removal
- replenishment of the alveolus with bone replacement material, excluding cost of material
- removal of salivary duct calculus – dentistry

- flap procedure with augmentation with Endobon preparation
- flap procedure with augmentation with Endobon preparation and Osseoguard membrane

- flap procedure with augmentation using Endobon and Emdogain
- application of platelet-rich fibrin (PRF) in dentistry
- Emdogain and Endobon implantation procedure

### Endodontics

The health benefit "Dentistry, Endodontics" allows an Eligible Person to use **a consultation with a dentist** and **undergo the following dental procedures in the scope of endodontics (together with the materials used during their provision) in medical facilities indicated by LUX MED:**

- chemical and mechanical root canal preparation
- tooth pulp devitalisation with cavity dressing
- root canal opening
- crown-root inlay removal
- root canal filling

In addition, an Eligible Person can take advantage **of a 15% discount** from the price list of a given Medical Facility indicated by LUX MED **for dental treatments** in the field of **endodontics** performed at that Medical Facility:

- endodontic treatment of a premolar tooth under a surgical microscope Stage I
- endodontic treatment of a premolar tooth under a surgical microscope Stage II
- endodontic treatment of an incisor or a canine tooth under a surgical microscope Stage I
- endodontic treatment of an incisor or a canine tooth under a surgical microscope Stage II
- endodontic treatment of a molar tooth under a surgical microscope Stage I
- endodontic treatment of a molar tooth under a surgical microscope Stage II
- specialised assessment of tissue under a surgical microscope
- crown-root inlay removal under a surgical microscope
- removal of a fractured tool from the canal under a surgical microscope
- interventional appointment during endodontic treatment

### Prosthetics

The health service "Dentistry, Prosthetics" allows an Eligible Person to use **a consultation with a prosthodontist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage **of a 15% discount** from the price list of a given Medical Facility indicated by LUX MED **for treatments** in the field of **prosthetics** performed at that Medical Facility:

- face-bow examination and placement in articulator
- cementation of a prosthetic crown
- cementation of a bridge
- frame denture metal control and correction
- wax teeth control and correction
- malocclusion correction
- composite crown on glass fibre
- all-composite crown
- all-metal cast crown
- all-metal cast crown Stage I
- all-metal cast crown Stage II
- all-gold cast crown, premolar
- all-gold cast crown, premolar Stage I
- all-gold cast crown, premolar Stage II
- all-gold cast crown, molar
- all-gold cast crown, molar Stage I
- all-gold cast crown, molar Stage II
- all-gold cast crown, anterior tooth
- all-gold cast crown, anterior tooth Stage I
- all-gold cast crown, anterior tooth Stage II
- all-ceramic crown
- all-ceramic crown Stage I
- all-ceramic crown Stage II
- all-porcelain crown on zirconia
- all-porcelain crown on zirconia Stage I
- all-porcelain crown on zirconia Stage II
- porcelain crown on zirconia using CAD/CAM Lava Everest method
- porcelain crown on zirconia using CAD/CAM Lava Everest method Stage I
- porcelain crown on zirconia using CAD/CAM Lava Everest method Stage II
- porcelain crown on galvanised metal
- porcelain crown on galvanised metal Stage I
- porcelain crown on galvanised metal Stage II
- porcelain crown on metal without margin
- porcelain crown on metal without margin Stage I
- porcelain crown on metal without margin Stage II
- porcelain crown on metal with a ceramic margin
- porcelain crown on metal with a ceramic margin Stage I
- porcelain crown on metal with a ceramic margin Stage II
- porcelain crown on gold, premolar
- porcelain crown on gold premolar tooth Stage I
- porcelain crown on gold premolar tooth Stage II
- porcelain crown on gold, molar
- porcelain crown on gold molar tooth Stage I
- porcelain crown on gold molar tooth Stage II
- porcelain crown on gold, anterior tooth
- porcelain crown on gold, anterior tooth Stage I
- porcelain crown on gold, anterior tooth Stage II
- galvanised telescopic crown, gold
- galvanised telescopic crown, gold Stage I
- galvanised telescopic crown, gold Stage II
- metal telescopic crown
- metal telescopic crown Stage I
- metal telescopic crown Stage II

- provisional crown using indirect method
- porcelain veneer
- porcelain veneer lateral
- porcelain veneer posterior Stage I
- porcelain veneer posterior Stage II
- porcelain veneer Stage I
- porcelain veneer Stage II
- Maryland missing tooth restoration – acrylic
- Maryland missing tooth restoration – composite
- gradia gingival mask
- gradia gingival mask Stage I
- gradia gingival mask Stage II
- acrylic microdenture
- 1 arch MOCK UP
- 1 point MOCK UP
- models for diagnostic or planning purposes – doctor
- adhesive bridge – 1 point
- denture repair – 1 element
- direct denture lining
- indirect denture lining
- full maxillary denture
- full maxillary denture Stage I
- full maxillary denture Stage II
- full mandibular denture
- full mandibular denture Stage I
- full mandibular denture Stage II
- full denture with metal palate
- partial denture – 1 point
- partial denture supporting 1–4 missing teeth
- partial denture supporting 1–4 missing teeth Stage I
- partial denture supporting 1–4 missing teeth Stage II
- partial denture supporting 5–8 missing teeth
- partial denture supporting 5–8 missing teeth Stage I
- partial denture supporting 5–8 missing teeth Stage II
- partial denture supporting more than 8 teeth
- partial denture supporting more than 8 teeth Stage I
- partial denture supporting more than 8 teeth Stage II
- overdenture on telescopic crowns Stage I
- overdenture on telescopic crowns Stage II
- overdenture on gold latch
- overdenture on gold latch Stage I
- overdenture on gold latch Stage II
- frame denture
- frame denture Stage I
- frame denture Stage II
- frame denture with latches without latch cost
- frame denture with latches without latch cost Stage I
- frame denture with latches without latch cost Stage II
- protective splint sport
- protective splint sport colour
- splint denture
- occlusion alignment using articulator
- WAX UP
- WAX UP INTERDENT
- visualisation of prosthodontic treatment on a model
- all-ceramic crown-root inlay
- all-ceramic crown-root inlay Stage I
- all-ceramic crown-root inlay Stage II
- metal, ceramic, glass fibre crown-root inlay – standard
- crown-root inlay made of gold
- crown-root inlay made of gold combined
- crown-root inlay cast metal
- crown-root inlay cast metal Stage I
- crown-root inlay cast metal Stage II
- crown-root inlay cast metal combined
- crown-root inlay cast metal combined Stage I
- crown-root inlay cast metal combined Stage II
- silver-palladium crown-root inlay
- silver-palladium crown-root inlay Stage I
- silver-palladium crown-root inlay Stage II
- silver-palladium crown-root inlay combined
- silver-palladium crown-root inlay combined Stage I
- silver-palladium crown-root inlay combined Stage II
- crown-root inlay made of gold Stage I
- crown-root inlay made of gold Stage II
- crown-root inlay made of gold combined Stage I
- crown-root inlay made of gold combined Stage II
- composite crown ONLAY INLAY OVERLAY
- metal crown ONLAY INLAY OVERLAY
- porcelain crown ONLAY INLAY OVERLAY
- porcelain crown ONLAY INLAY OVERLAY Stage I
- porcelain crown ONLAY INLAY OVERLAY Stage II
- gold crown inlay
- spherical inlays
- functional impression using individual tray
- teflon replacement
- replacement of Rhein inlay/ball latch – 1 element
- reinforcement of a denture with an arch
- reinforcement of a denture with a gold-plated mesh
- reinforcement of a denture with a steel mesh
- ASC bracket
- latch/bolt/retainer point in frame denture
- latch / bolt / retainer point in frame denture Stage I
- latch / bolt / retainer point in frame denture Stage II
- Bredent latch – 1 element
- Rhein latch / ball latch – 1 element
- removal of a prosthetic crown – 1 element

## Orthodontics

The health service “Dentistry, Prosthetics” allows an Eligible Person to use **a consultation with an orthodontist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage **of a 15% discount** from the price list of a given Medical Facility indicated by LUX MED **for dental treatments** in the field of **orthodontics** performed at that Medical Facility:

- occlusal analysis and treatment plan development
- block braces
- block braces Stage I
- block braces Stage II



- block braces with modification
- Derichsweiler apparatus
- expander braces
- wide-arch braces – tongue arch
- wide-arch braces – palatal arch
- wide-arch braces Bi-helix, Quad – helix
- wide-arch braces Bi-helix, Quad – helix Stage I
- wide-arch braces Bi-helix, Quad – helix Stage II
- Hass braces
- Hyrax braces
- Hyrax braces Stage I
- Hyrax braces Stage II
- MALU appliance
- Multi-P braces
- Nance braces
- flexible orthodontic appliance
- removable braces
- pendulum braces
- pendulum braces Stage I
- pendulum braces Stage II
- removable braces – Schwarz plate
- removable braces – Schwarz plate Stage I
- removable braces – Schwarz plate Stage II
- fixed braces – aesthetic, non-ligature Damon brackets 1 arch
- fixed braces – metal, non-ligature Damon brackets 1 arch
- fixed braces – aesthetic, non-ligature brackets 1 arch
- fixed braces – metal, non-ligature brackets 1 arch
- fixed braces – aesthetic brackets 1 arch
- fixed braces – aesthetic brackets part of arch 1
- fixed braces – aesthetic brackets part of arch 2
- fixed braces – 2D lingual brackets 1 arch
- fixed braces – closed metal 1 arch
- fixed aesthetic braces 2x4
- fixed aesthetic braces 2x4 Stage I
- fixed aesthetic braces 2x4 Stage II
- fixed metal braces 2x4
- fragmentary fixed braces
- Stockfisch braces
- system Benefit braces Stage I
- system Benefit braces Stage II
- TWIN-BLOCK braces
- TWIN-BLOCK braces Stage I
- TWIN-BLOCK braces Stage II
- TWIN-BLOCK braces with a screw – modified
- TWIN-BLOCK braces with a screw – modified Stage I
- TWIN-BLOCK braces with a screw – modified Stage II
- multifunctional braces Molar rotator
- clear aligner follow-up
- clear aligner impression
- additional orthodontic element 1
- additional orthodontic element 2
- additional orthodontic element 3
- Carriere Distalizer
- one wire arch of fixed metal braces
- one wire arch of fixed braces nickel-free brackets
- one wire arch of fixed braces nickel-free brackets Stage I
- one wire arch of fixed braces nickel-free brackets Stage II
- one wire arch of fixed braces individual lingual brackets
- one wire arch of fixed braces individual lingual brackets Stage I
- one wire arch of fixed braces individual lingual brackets Stage II
- one wire arch of fixed braces crystal brackets
- one wire arch of fixed brace with crystal brackets Stage I
- one wire arch of fixed brace with crystal brackets Stage II
- one wire arch of fixed braces metal brackets
- one wire arch of fixed braces with metal brackets Stage I
- one wire arch of fixed braces metal and crystal brackets
- one wire arch of fixed braces metal and crystal brackets Stage I
- one wire arch of fixed braces metal and crystal brackets Stage II
- one wire arch of fixed braces with metal brackets Stage II
- one wire arch of fixed braces porcelain brackets
- one brace of metal, transparent braces
- one brace of metal, fixed braces
- orthodontist consultation in the course of treatment with removable braces
- orthodontist consultation in the course of treatment with fixed braces
- orthodontist's consultation with an impression
- retention control
- class II corrector
- lip-bumper
- 1/2 segment arch
- 1/3 segment arch
- models for diagnostic or planning purposes – orthodontist
- braces repair replacement of 1 element
- braces repair replacement of 2 elements
- braces repair replacement of 3 elements
- braces repair
- braces repair, addition of a wire element
- braces repair, plate breakage
- braces repair, 1 arch wire replacement ceramic brackets
- braces repair, 1 arch wire replacement 2D lingual brackets
- braces repair, 1 arch wire replacement metal brackets
- braces repair, 2 arch wires replacement ceramic brackets
- braces repair, 2 arch wires replacement 2D lingual brackets
- braces repair, 2 arch wires replacement metal brackets
- braces repair, arch wire replacement
- braces repair, 1 screw replacement
- braces repair, 2 screws replacement
- orthognathic treatment planning
- Nance plate
- vestibular plate
- vestibular plate – infant trainer
- plate denture for children
- plate denture for children Stage I
- plate denture for children Stage II
- chin cap
- palatal expander
- NiTi palatal expander
- attachment of a crystal bracket

- attachment of a metal bracket
- retainer 1
- retainer 2
- retainer 3
- retainer arch 1 tooth
- retainer arch 6 teeth
- Guray/OBC wedging
- stripping – 1 tooth
- orthodontic acrylic splint
- space maintainer
- follow-up visit – fixed braces, 2D lingual brackets
- follow-up visit – fixed braces, crystal brackets
- follow-up visit – fixed braces, metal brackets
- follow-up visit – fixed braces, porcelain brackets
- follow-up visit in the course of treatment with removable braces
- follow-up visit in the course of treatment with fixed partial braces
- follow-up visit in the course of treatment with fixed braces x 1
- follow-up visit in the course of treatment with fixed braces with non-ligature Damon brackets – 1 arch
- visit with a vestibular plate
- visit with a chin cap
- visit with cusp grinding
- headgear
- retention plate
- acrylic bite splint
- wire arch replacement individual lingual brackets
- replacement of an aesthetic bracket
- replacement of an individual lingual bracket
- replacement of a metal bracket
- replacement of a 2D lingual metal bracket
- replacement of a porcelain bracket
- tooth separation procedure
- retention arch application
- retention arch application – maxilla
- retention arch application – mandible
- headgear application
- Herbst hinge
- Herbst hinge Stage I
- Herbst hinge Stage II
- removal of fixed braces
- removal of retention arch

### Biological dentistry

The health service “Dental care Biological dentistry” allows an Eligible Person to benefit from **a 15% discount** from the price list of a given Medical Facility indicated by LUX MED **for dental treatments** in the field of **biological dentistry** performed in in medical facilities indicated by LUX MED.

- streptococcus mutans saliva concentration using Saliva-Check Mutans (GC)
- Saliva-Check Buffer (GC) test
- bioreconstruction of lost tooth tissue using ACTIVA (Pulpdent)
- tooth decay infiltration – ICON (DMG)
- tri Plaque ID Gel (GC) control
- local application of MI VARNISH (GC) releasing bioavailable calcium, phosphate and fluoride
- minimally invasive tooth decay treatment using glass hybrid technology – EQUIA FORTE
- restoration of lost tooth tissue using BPA-free G-aenial
- enamel remineralisation with a Tooth Mousse preparation
- maintenance treatment using bioavailable calcium, phosphate and fluoride – GC MI Paste Plus
- molecular and biological assay for pathogens causing periodontitis/periimplantitis using Real-Time PCR – PET standard (MIP PHARMA) method
- molecular and biological assay for pathogens causing periodontitis/periimplantitis using Real-Time PCR – PET plus (MIP PHARMA) method
- molecular and biological assay for pathogens causing periodontitis/periimplantitis using Real-Time PCR – PET deluxe (MIP PHARMA) method
- application of bioactive dentin substitute – Biodentine (Septodont)

### Periodontics

The health service “Dentistry, Periodontics” allows an Eligible Person to use **a consultation with an periodontologist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage of **a 15% discount** from the price list of a given Medical Facility indicated by LUX MED **for dental treatments** in the field of **periodontics** performed at that Medical Facility:

- gingival osteoplasty within 1 tooth
- gingivoplasty within 1 tooth
- open curettage within 1 tooth
- regular curettage within 1 tooth
- simple curettage within 1/4 of dental arch
- specialist periodontal consultation follow-up visit
- dental biostimulation laser
- treatment of oral mucosa lesions – ozonotherapy – dental hygienist
- treatment of oral mucosa lesions – ozonotherapy – doctor
- preparation of a written plan and costs of periodontal treatment
- periodontology Flap (1 tooth)
- periodontology Gingival transplant – up to 2 teeth
- periodontology Bone regeneration control
- periodontology Splinting of maxilla and mandible
- periodontology Tunnelisation
- periodontology Crown lengthening (up to 6 teeth)
- periodontology Crown lengthening of a single-rooted tooth
- periodontology Crown lengthening of a double-rooted tooth
- root planning 1/2 arch
- root planning one arch
- oral cancer Vizilite screening test

- teeth immobilisation with wire ligature – tooth
- teeth immobilisation with composite splint – 1 tooth
- teeth immobilisation with composite splint with additional reinforcements – 1 tooth
- performance of a test for presence of pathogens causing periodontitis/periimplantitis
- vector periodontal apparatus procedure 1 arch
- vector periodontal apparatus procedure 2 arches
- vector prosthetic apparatus procedure 1 arch
- vector prosthetic apparatus procedure 1 tooth (1 to 6 teeth)
- vector prosthetic apparatus procedure 2 arches
- covering exposed teeth roots procedure
- covering exposed teeth roots procedure of 1 tooth area
- covering exposed teeth roots procedure of a 2 teeth area
- covering exposed teeth roots procedure of a 3 teeth area
- biomaterial implantation procedure 1
- biomaterial implantation procedure 2
- biomaterial implantation procedure 3
- Emdogain implantation procedure 1 tooth
- Emdogain implantation procedure 2 teeth
- Emdogain implantation procedure 3 teeth
- NanoBone bone replacement material implantation procedure
- periodontal dressing

## Implantology

The health service "Dentistry, Implantology" allows an Eligible Person to use **a consultation with an implantologist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage **of a 10% discount** from the price list of a given Medical Facility indicated by LUX MED **for dental treatments** in the field of **implantology** performed at that Medical Facility:

- zirconium bar on implants 4–5 implants
- zirconium bar on implants 4–5 implants Stage I
- zirconium bar on implants 4–5 implants Stage II
- zirconium bar on implants 6–8 implants
- zirconium bar on implants 6–8 implants Stage I
- zirconium bar on implants 6–8 implants Stage II
- titanium bar on 6 implants
- porcelain crown on implant, two-structure on steel
- porcelain crown on implant, two-structure on steel Stage I
- porcelain crown on implant, two-structure on steel Stage II
- provisional immediate crown on an implant made by a dentist
- provisional immediate crown on an implant made by a technician
- locator attachment on an implant
- Toronto acrylic bridge on implants 1 arch
- Toronto acrylic bridge on implants 1 arch Stage I
- Toronto acrylic bridge on implants 1 arch Stage II
- porcelain bridge on implants 1 arch
- porcelain bridge on implants 1 arch Stage I
- porcelain bridge on implants 1 arch Stage II
- porcelain bridge on implants with individual crowns 1 point
- porcelain bridge on implants with individual crowns 1 point Stage I
- porcelain bridge on implants with individual crowns 1 point Stage II
- implant uncovering with a healing screw 1 point
- denture on 2 implants with a bar
- denture on 2 implants with a bar Stage I
- denture on 2 implants with a bar Stage II
- denture on 2 implants with locators
- denture on 2 implants with locators Stage I
- denture on 2 implants with locators Stage II
- denture on 4 implants with a bar
- denture on 4 implants with a bar Stage I
- denture on 4 implants with a bar Stage II
- denture on 4 implants with locators
- denture on 4 implants with locators Stage I
- denture on 4 implants with locators Stage II
- renovation of Toronto acrylic bridge on implants, acrylic replacement
- implant splint, model
- implant splint with titanium positioners
- removal of a micro implant
- removal of a permanent implant
- insertion of an Astra implant
- insertion of an Astra implant and support one-stage
- insertion of a BEGO implant
- insertion of Dentium implant
- insertion of a micro implant
- insertion of a Neodent implant
- insertion of a Straumann implant
- insertion of a Straumann SL Active implant

## Treatment of functional disorders of the masticatory apparatus

The health service "Dentistry, Treatment of functional disorders of the masticatory apparatus" allows an Eligible Person to use **a consultation with a dentist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage **of a 10% discount** from the price list of a given Medical Facility indicated by LUX MED **for treatment of functional disorders of the masticatory apparatus** performed at that Medical Facility:

- soft dental guard
- hard dental guard
- NTI dental guard
- face-bow examination and placement in articulator with an MDI examination

## Aesthetic dentistry

The health service "Dentistry, Treatment of functional disorders of the masticatory apparatus" allows an Eligible Person to use **a consultation with a dentist** in medical facilities indicated by LUX MED.

In addition, an Eligible Person can take advantage of a **10% discount** from the price list of a given Medical Facility indicated by LUX MED for **dental treatments** in the field of **aesthetic dentistry** performed at that Medical Facility:

- diastema closure – per tooth
- teeth whitening using internal method – 1 procedure
- whitening of group of teeth using external method – 1 dental arch
- teeth whitening using external method – supplemental set
- teeth whitening using external method – 1 syringe
- tooth whitening Smile Laser 1 arch
- tooth whitening Smile Laser 2 arches
- tooth whitening Smile Laser supplementation
- teeth whitening using external method – 1 syringe – dental hygienist
- teeth whitening using external method – supplemental set – dental hygienist
- teeth whitening Beyond lamp 1 dental arch
- teeth whitening Beyond lamp 2 dental arches
- whitening of group of teeth using external method – 1 dental arch using LED lamp

#### Dental X-ray

The health service "Dentistry, Dental X-ray" allows the Eligible Person to benefit, **on the basis of a referral** issued by a dentist, from the following:

- single tooth X-ray
- Panoramic X-ray

X-ray results are provided to the Eligible Person a medium conforming with the standard applicable in a given medical facility.

#### Guarantee

The Eligible Person is provided with a **24-month guarantee** for conservative treatment in the form of final filling of permanent teeth.

The condition for obtaining it is the systematic use by the Eligible Person **at least once in each 12-month period of the agreement** or according to an individually agreed schedule at Medical Facilities indicated by LUX MED the following healthcare services:

- ✓ **dental check-ups** at the dentist;
- ✓ **hygienic procedures** carried out by a Dentist or dental hygienist consisting of: cleaning teeth from tartar and plaque, as well as fluoridation;
- ✓ **complying with the Dentist's recommendations**;
- ✓ **maintenance of oral hygiene** as recommended by the Dentist and/or hygienist.

The guarantee **does not cover** conditions occurring as a result of: non-attendance at follow-up and prophylaxis visits, non-compliance with dentist's recommendations, mechanical injuries, accidents, missing posterior teeth (lack of support zones), pathological dental wear (bruxism) or other functional impairments of the masticatory apparatus, physiological bone atrophy and periodontal lesions, general co-morbidities affecting the stomatognathic system (diabetes, osteoporosis, epilepsy, history of radiotherapy and chemotherapy), or temporary fillings (e.g. provided until a prosthesis is prepared).



#### Home visits

The health service "Home visits –with partial co-payment" allows an Eligible Person to receive **3 home visits in each 12-month agreement period**, at the place of his/her residence, provided that it is within the current territorial coverage of home visits. Each subsequent home visit requires payment in the amount of PLN 100.

The current territorial coverage of the home visits is described at [www.luxmed.pl](http://www.luxmed.pl). In cities where this service is not available, the Eligible Person may apply for reimbursement. Detailed return policies are available on the website indicated above.

An Eligible Person may apply for reimbursement **exclusively** in the case of **prior eligibility assessment** for a home visit by a LUX MED medical dispatcher.

Home visits **are made only in medically justified cases** when the health condition of the Eligible Person makes it impossible for him/her to reach the Medical Facility indicated by LUX MED, except in cases of immediate life-threatening conditions.

The premises **not considered** as justification for a home visit do not include, in particular:

- ✓ uncomfortable access to the facility;
- ✓ the need to receive a prescription or obtain sick leave.

A home visit is an **emergency service** provided solely on the visit request day and aimed at making a diagnosis and initiating treatment. Treatment continuation and potential follow-up visits take place solely in medical facilities indicated by LUX MED.

The home visit service does not include the possibility of selecting a physician. The decision on accepting or refusing a home visit is made by the medical dispatcher based on the information provided.

## Second Medical Opinion



The "Second medical opinion" health benefit allows an Eligible Person to verify a diagnosis by obtaining an independent medical opinion, prepared by internationally recognized doctors specialising in a particular field of medicine – without having to leave Poland.

The opinion is prepared on the basis of existing medical records and applies to cases in which: a diagnosis has been made, an injury has been diagnosed, surgical treatment has been recommended or a procedure has been performed.

The health benefit applies to the following diseases and conditions:

- coronary angioplasty
- bacterial endocarditis
- Alzheimer's disease
- Parkinson's disease,
- motor neuron diseases.
- type 1 diabetes
- tuberculosis
- benign brain tumor
- aplastic anemia
- renal insufficiency
- malignant tumour
- aorta surgery
- coronary artery bypass surgery
- heart valve surgery
- limb paralysis
- organ transplant
- chronic viral hepatitis
- extensive burns
- end-stage renal disease
- multiple sclerosis
- coma
- stroke
- loss of limb
- loss of speech
- loss of hearing
- loss of sight
- HIV infection
- encephalitis
- meningitis
- heart attack

Each claim covered under the health service is subject to a comprehensive analysis conducted by internationally recognised Medical Specialists selected on the basis of a patented analytical process.

A recognized medical specialist reviews the diagnosis or treatment plan suggested by the treating doctor of the Eligible Person, and then presents his/her detailed recommendations.

As part of the process of a second medical opinion, medical records, the results of imaging studies and specimens for histopathological examination are collected, if needed. The specialist doctor performs a detailed analysis of all available data and develops a **comprehensive report** including: **confirmation of the previous diagnosis and treatment**, or **a recommendation to change the medical management**. The report is prepared in English and translated into Polish.

In addition, under the Health Benefit, the Eligible Person may:

- ✓ as part of the service, also obtain from the specialist answers to basic questions about the particular condition via email, without the need to present full medical records, but only on the basis of a detailed phone interview;
- ✓ receive – in the form of a report – a proposal from three specialists outside the territory of the Republic of Poland with the highest competence to carry out further treatment.

In addition, under the health service, assistance is provided in arranging a consultation with a specialist of your choice, which **includes organisational support (excluding coverage of costs) outside Poland**, particularly in the following areas: arranging medical appointments; coordinating matters related to treatment; arranging hospital admission; booking appointments, accommodation and transportation; ongoing support for the Eligible Person at the place of treatment; monitoring the course of medical care; supervising the quality of medical services provided; checking the correctness of billed charges; negotiating discounts for health services.

## VIP Patient's Personal Assistant

The service "VIP Personal Assistant" allows an Eligible Person to benefit from the individual support of a dedicated advisor – VIP Personal Assistant, who remains in constant telephone contact with the Eligible Person and supports the Eligible Person in arranging health services, including medical tests and examinations and consultations, provided at Medical Facilities designated by LUX MED.

## 10% discount on other services offered by LUX MED and Medycyna Rodzinna

The Eligible Person is entitled to a **10% discount** on healthcare services (excluding dental services) offered at LUX MED's own facilities – this applies to LUX MED and Medycyna Rodzinna medical facilities listed at [www.luxmed.pl](http://www.luxmed.pl). The discount is calculated from the prices applicable at the aforementioned facilities. Discounts cannot be combined.

## 10% discount on medical procedures provided in PROFEMED

Each Eligible Person is entitled to a **10% discount** on all medical services provided at the PROFEMED facility counted based on the price list available at the facility. Discounts cannot be combined.

## LUX MED Hospital Insurance Orthopaedic Care

LUX MED Hospital Insurance - Orthopaedic Care provides the Insured with orthopaedic hospital treatment **on an elective basis** due to injuries to the musculoskeletal system (excluding spinal injuries) sustained as a result of an accident.

Orthopaedic Care is performed **only** in Hospitals indicated by the Insurer.

Orthopaedic Care **includes**:

- Elective hospital stay in a private hospital of the LUX MED Group and subprovider hospitals after an accident;
- care before, during and after hospital stay, including follow-up visits and necessary diagnostic tests;
- necessary rehabilitation and in accordance with the recommendations of the treating physician;
- Hospital Care Coordination.

Orthopedic Care **does not cover** the treatment of diseases or conditions of the musculoskeletal system, regardless of their sudden nature or course.

The Insurance Agreement between LUX MED (Policyholder) and LMG Försäkrings AB SA Branch in Poland (Insurer) is based on the Special Terms and Conditions of Group Insurance for LUX MED Clients (Module: Orthopedic Care together with the Attachments), which are an integral part of the Agreement and contain, among other things, detailed information on: the terms and conditions of Orthopedic Care and inclusions and limitations of the Insurer's liability. We recommend that you read this document carefully before proceeding with the Agreement.