

Standard package

For senior citizens
(age 71-80)



The Standard Package is intended for patients aged 71 or older who want to provide themselves with a standard level of healthcare. This medical package provides you with **access to appointments and consultations with selected specialists and outpatient procedures, as well as preventive, diagnostic and imaging scans and tests.**

Payment options	Amount of instalment
Payment in 12 instalment (monthly)	299,00 PLN
Payment in 4 instalments (every 3 months)	870,00 PLN
Payment in 2 instalments (every 6 months)	1 704,00 PLN
Lump payment	3 228,00 PLN
Monthly rate in a case of annual payment	269,00 PLN

The contract is concluded for 12 months

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Standard Package:

Scope of medical care	
Medical Helpline 24/7	•
Online Consultations	•
Physician Consultations	•
Physician and medical specialist consultations (13)	•
LUX MED MentalCare Mental Health Support	•
On-duty physician consultations (3)	•
Flu and tetanus vaccinations	•
Nursing procedures	•
Outpatients procedures (35)	•
Laboratory test panel (no referral needed)	•
Diagnostic tests and examinations (264)	•
Dentistry	•
Access to LUX MED Group's (LUX MED and Medycyna Rodzinna) own facilities listed at www.luxmed.pl	•
Nationwide network of partner facilities listed at http://www.luxmed.pl/placowkiwspolpracujace	•

* 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.

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
- 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:

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- internal / family medicine
- 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 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
- family medicine.

The health service “Physician Consultations – basic option” 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 Eligible Persons to receive a consultation with a Physician or a medical specialist **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.

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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.

Eligible Persons may use consultations in the following fields:

- allergology
- general surgery
- diabetology
- gynaecology
- laryngology
- nephrology
- neurology
- ophthalmology
- optometry
- proctology
- pulmonology
- 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.



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: psychology or sexology or speech therapy.

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On-duty physician consultations

The health service On-duty physician consultations **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
- family medicine.

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).



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**:

procedures performed **on a doctor's recommendation**:

- intravenous injection
- subcutaneous/intramuscular injection
- emergency drip administration
- blood drawing
- oral medicine administration in emergency
- placement/change/removal of a small dressing

procedures performed **without a referral**:

- office-based midwife service – breast palpation
- body temperature measurement
- blood pressure measurement
- height and weight measurement

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
- non-surgical tick removal

- height and weight measurement

Outpatient surgical procedures:

- stitching a wound of up to 3 cm
- removal of another foreign body without incision
- 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
- placement/change/removal – small dressing (not requiring surgical debridement)

Outpatient laryngological procedures:

- Eustachian tube examination, insufflation;

- suture removal in a treatment room after laryngological procedures performed at the Medical Facilities indicated by LUX MED

- catheterisation of the Eustachian tube
- ear irrigation
- 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
- simple laryngological dressing
- coagulation of blood vessels of the nasal septum
- electrocoagulation of blood vessels of the nasal septum
- nasal administration of mucosa-shrinking medicine in emergency cases
- nasal tamponade removal
- unilateral dressing of nasal hemorrhage
- bilateral dressing of nasal hemorrhage
- application/change/removal of a drain in the ear canal

Outpatient ophthalmologic procedures:

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

Outpatient gynaecological procedures:

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

Anaesthesia:

- local (infiltration or permeation) anaesthesia

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

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



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:**

- 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



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 **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):

- APTT
- thrombin time — TT
- absolute eosinophil count (blood smear)
- fibrinogen
- INR / prothrombin time
- blood count + platelet count + automated smear
- ESR

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

- AFP — alpha-fetoprotein
- albumins
- amylase
- apolipoprotein A1
- total protein
- direct bilirubin
- total bilirubin
- total iron binding capacity, TIBC
- CEA — carcinoembryonic antigen
- ceruloplasmin
- chlorides (Cl)
- cholesterol
- CK (creatine kinase)
- CRP, quantitative
- ferritin
- acid phosphatase
- alkaline phosphatase
- phosphorus (P)
- 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
- HDL cholesterol
- IgA immunoglobulin
- IgE immunoglobulin (total IgE)
- IgG immunoglobulin
- immunoglobulin IgM
- creatinine
- folic acid
- uric acid
- LDH – lactate dehydrogenase
- LDL cholesterol
- directly measured LDL cholesterol
- lipase
- lipid profile (CHOL, HDL, LDL, TG)
- magnesium (Mg)
- copper
- urea / urea nitrogen / BUN
- potassium (K)
- protein profile
- free PSA
- total PSA
- sodium (Na)
- free T3
- free T4
- total beta-hCG
- beta hCG – tumour marker
- GOT / AST transaminase
- GPT / ALT transaminase
- transferrin
- triglycerides
- TSH/hTSH
- thyroglobulin
- calcium (Ca)
- vitamin B12
- 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)

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

- ASO, quantitative
- cytomegalovirus (CMV), IgG
- cytomegalovirus (CMV), IgM
- EBV/mononucleosis – latex

- EBV/mononucleosis IgG
- EBV/mononucleosis IgM
- blood group (ABO), Rh factor and antibody screening
- HBs antibodies
- HBs antigen
- HIV-1/HIV-2
- Waaler-Rose test

Urine tests with taking test samples (urine):

- urinalysis
- urine protein
- total protein/24-hour urine collection
- phosphorus in urine
- phosphorus in urine / 24-hour urine collection
- creatinine in urine
- creatinine in urine/24-hour urine collection
- uric acid in urine/24-hour urine collection
- uric acid in urine
- magnesium (Mg) in urine
- magnesium (Mg) in urine/24-hour urine collection
- urea / urea nitrogen / BUN / 24-hour urine collection

Bacteriological tests with taking swab:

- vaginal microbiological test (vaginal biocenosis)
- faeces — general culture
- faeces culture for Salmonella and Shigella
- urine culture
- endocervical smear for GC
- vaginal smear for GC
- throat/tonsil swab aerobic
- oral swab — aerobic culture
- tongue swab — aerobic culture

Faecal tests with taking test samples:

- faeces – general analysis

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:

- faeces culture for yeast-like fungi
- urine culture for yeast-like fungi
- pharyngeal swab culture for yeast-like fungi
- oral swab culture for yeast-like fungi

Quick strip tests with taking test samples (blood):

- cholesterol strip test
- CRP strip 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

- immune antibody screening / alloantibodies
- RF — rheumatoid factor — quantitative
- basic syphilis serology (VDRL or USR or anti-TP)
- BTA test
- toxoplasma IgG
- toxoplasma IgM

- urea / urea nitrogen / BUN in urine
- sodium (Na) in urine
- sodium (Na) in urine / 24-hour urine collection
- calcium in urine
- calcium (Ca) in urine / 24-hour urine collection
- potassium (K) in urine
- potassium (K) in urine / 24-hour urine collection
- lead (Pb) in urine
- lead (Pb) in urine/ 24-hour urine collection

- cervical swab
- endocervical smear – anaerobic culture
- nasopharyngeal swab – anaerobic culture
- nasopharyngeal swab – aerobic culture
- rectal swabs and vaginal swabs towards group B Streptococcus (GBS)
- vaginal swab – anaerobic culture
- vaginal swab – aerobic culture

- faecal occult blood (FOB)

- tongue swab culture for yeast-like fungi
- endocervical smear culture for yeast-like fungi
- nasopharyngeal swab culture for yeast-like fungi
- vaginal smear culture for yeast-like fungi

- glucose meter test;
- troponin strip test

- 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
- abdominal X-ray, other
- abdominal X-ray, supine
- abdominal X-ray, erect
- chest X-ray
- 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
- 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
- X-ray of both wrists, lateral
- wrist X-ray, PA + lateral
- wrist X-ray, PA + lateral, both
- 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
- 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
- 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)
- splanchnocranium X-ray
- paranasal sinus X-ray
- rib X-ray (unilateral), 2 oblique views
- Mandibular X-ray

Ultrasound examinations:

- transabdominal gynaecological ultrasound
- transvaginal gynecological ultrasound
- abdominal ultrasound
- breast ultrasound
- transabdominal prostate ultrasound
- thyroid ultrasound

Magnetic resonance imaging without contrast agent:

- magnetic resonance imaging (MRI) of the head

Computed tomography without contrast agent:

- computed tomography of the head

Endoscopic examinations:

- anoscopy

Other diagnostic tests and examinations:

- standard audiometry*
- resting ECG
- spirometry without medication
- standard* cardiac stress test

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



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
- emergency extraction of a multi-rooted tooth
- emergency extraction of a multi-rooted deciduous tooth
- 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 , 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

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
- 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
- instructions on oral hygiene
- tooth polishing
- periodontal scaling – complementary
- periodontal scaling from 1 dental arch
- periodontal scaling of all teeth
- deposit removal – sandblasting
- individual fluoride treatment, topical

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 service “Dentistry, Conservative dentistry” allows an Eligible Person to use **a consultation with a dentist specialised in conservative dentistry** 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 **conservative dentistry** performed at that Medical Facility:

- examination of tooth vitality
- circumplular 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
- restoration of damaged incisal angle with regular light-cured composite
- medicinal dressing on a permanent tooth
- periodontal pocket irrigation
- periodontal pocket irrigation and drug application
- 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 service “Dentistry, Paedodontics” allows an Eligible Person to use **a consultation with a dentist specialised in paedodontics** 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 **paedodontics** performed at that Medical Facility:

- vital pulp amputation in a tooth with unformed root
- amputation of devitalised deciduous tooth pulp
- 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, therapeutic
- baby tooth cavity filling 1 surface
- 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 service “Dentistry, Dental surgery” allows an Eligible Person to use **a consultation with a dentist specialised in dental surgery** 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 **dental surgery** performed at that Medical Facility:

- 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

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 a **10% discount** from the price list of a given facility for:

- single tooth 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).