

# Optimal Package

**For senior citizens  
(age 71-80)**



The Optimal Package was created for individuals **aged 71 to 80**. It offers access to **specialist consultations**, **laboratory tests**, and selected **imaging examinations**. The package also includes nursing procedures, **outpatient treatments**, and **vaccinations**.

Payment options	Amount of instalment
Payment in 12 instalment (monthly)	399,00 PLN
Payment in 4 instalments (every 3 months)	1 161,00 PLN
Payment in 2 instalments (every 6 months)	2 274,00 PLN
Lump payment	4 308,00 PLN
<b>Monthly rate in a case of annual payment</b>	<b>359,00 PLN</b>

The contract is concluded for 12 months

## Optimal Package:

Scope of medical care	
Medical Helpline 24/7	•
Online Consultations	•
Physician Consultations	•
Physician and medical specialist consultations (20)	•
On-duty physician consultations	•
LUX MED MentalCare Mental Health Support	•
Flu and tetanus vaccinations	•
Nursing procedures	•
Outpatients procedures (44)	•
Laboratory test panel (no referral needed)	•
Laboratory and imaging diagnostics (352)	•
Allergy tests	•
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>	•
Nationwide network of partner facilities listed at <a href="http://www.luxmed.pl/placowkiwspolpracujace">http://www.luxmed.pl/placowkiwspolpracujace</a>	•

\* 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:

- 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 "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
- 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 carried out in the following forms:**

- ✓ 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.

Eligible Persons may use consultations without the need for a referral in the following fields:

- |                    |                 |                |
|--------------------|-----------------|----------------|
| • allergology      | • haematology   | • optometry    |
| • general surgery  | • cardiology    | • orthopaedics |
| • dermatology      | • laryngology   | • proctology   |
| • diabetology      | • nephrology    | • pulmonology  |
| • endocrinology    | • neurology     | • rheumatology |
| • gastroenterology | • ophthalmology | • urology      |
| • gynaecology      | • oncology      |                |

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.



## 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).



## 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 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.



## 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 midwife, 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
- 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
- ear irrigation
- simple laryngological dressing



- removal of a foreign body from the nose/ear
- nasal tamponade removal
- suture removal after laryngological procedures performed outside of Medical Facilities indicated by LUX MED, qualification based on the LUX MED doctor's assessment

#### Outpatient ophthalmologic procedures:

- standard\* ocular fundus examination
- visual acuity examination
- corrective lens selection (excludes varifocal lenses)
- lacrimal duct irrigation
- gonioscopy (iridocorneal angle assessment)

#### Outpatient orthopaedic procedures:

- placement/change/removal — small dressing
- reposition of a dislocation or fracture
- lower limb plaster cast removal
- upper limb plaster cast removal

#### Outpatient dermatological procedures:

- standard\* dermatoscopy

#### Outpatient gynaecological procedures:

- 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

**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.



## 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 –with co-payment" 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 –with co-payment" **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 –with co-payment" 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 coagulology tests with taking test samples (blood):

- APTT
- Thrombin Time – TT
- D-Dimers
- Absolute Eosinophil Count in Blood Smear
- Fibrinogen
- INR / Prothrombin Time
- Complete Blood Count + Platelets + Automated Differential
- ESR
- Platelet Count
- Manual Blood Smear

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

- AFP – Alpha-fetoprotein
- Albumin
- Amylase
- Apolipoprotein A1
- Total Protein
- Direct Bilirubin
- Total Bilirubin
- CA 125
- CA 15-3 – Breast Cancer Antigen
- CA 19-9 – Gastrointestinal Tract Tumour Antigen
- Total Iron Binding Capacity / TIBC – replaces Iron Saturation
- CEA – Carcinoembryonic Antigen
- Ceruloplasmin
- Chlorides / Cl
- Cholesterol
- CK (Creatine Kinase)
- CRP – Quantitative
- Estradiol
- Ferritin
- Acid Phosphatase
- Alkaline Phosphatase
- Phosphorus / P
- FSH
- GGTP
- Glucose 120' Post-Meal
- Glucose 60' Post-Meal
- Fasting Glucose
- Oral Glucose Tolerance Test – 75 g, 4-hour
- Oral Glucose Tolerance Test – 75 g, 5-hour
- HDL Cholesterol
- Immunoglobulin IgA
- Immunoglobulin IgE (Total IgE)
- Immunoglobulin IgG
- Immunoglobulin IgM
- Cortisol – Afternoon
- Cortisol – Morning
- Creatinine
- Folic Acid
- Uric Acid
- LDH – Lactate Dehydrogenase
- LDL Cholesterol
- Direct LDL Cholesterol
- LH
- Lipase
- Lipid Profile (CHOL, HDL, LDL, TG)



- Magnesium / Mg
- Copper
- Urea / Blood Urea Nitrogen / BUN
- Potassium / K
- Progesterone
- Prolactin
- Prolactin 120' Post-Metoclopramide
- Prolactin 30' Post-Metoclopramide
- Prolactin 60' Post-Metoclopramide
- Protein Electrophoresis
- PSA – Free Fraction
- PSA – Total
- Sodium / Na
- Free T3
- Free T4
- Oral Glucose Tolerance Test (4-point, 75 g, 0, 1, 2, 3 hours)
- Testosterone
- Free Testosterone
- Total Beta-hCG
- AST
- ALT
- Transferrin
- Triglycerides
- TSH / hTSH
- Thyroglobulin
- Calcium / Ca
- Vitamin B12
- Iron / Fe
- Iron / Fe – 120 min Post-Load (absorption curve)
- Iron / Fe – 180 min Post-Load (absorption curve)
- Iron / Fe – 240 min Post-Load (absorption curve)
- Iron / Fe – 300 min Post-Load (absorption curve)
- Iron / Fe – 60 min Post-Load (absorption curve)

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

- ASO – Quantitative
- ASO – Qualitative
- CMV IgG
- CMV IgM
- EBV / Mononucleosis – Latex
- EBV / Mononucleosis IgG
- EBV / Mononucleosis IgM
- Blood Group AB0, Rh, Antibody Screen
- HBc Ab IgM
- HBs Ab / Antibodies
- Anti-Chlamydia trachomatis IgG
- Anti-Chlamydia trachomatis IgM
- RF – Rheumatoid Factor – Quantitative
- Rubella IgG
- Rubella IgM
- HBs Ag / Antigen
- HCV Ab / Antibodies
- Helicobacter pylori IgG – Quantitative
- HIV I / HIV II
- Waaler–Rose Test
- Anti-TPO Antibodies
- Anti-Thyroglobulin Antibodies
- Antibody Screening / Alloantibodies (replaces anti-Rh tests)
- Anti-Chlamydia trachomatis IgA
- Basic Syphilis Serology (VDRL or USR or anti-TP)
- BTA Test
- Toxoplasmosis IgG
- Toxoplasmosis IgM

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

- total Protein / 24-hour Collection (DZM)
- Protein in Urine
- Phosphorus in Urine
- Phosphorus in Urine / 24-hour Collection
- Catecholamines (Noradrenaline, Adrenaline) – 24-hour Collection
- Cortisol – 24-hour Collection
- Creatinine in Urine
- Creatinine in Urine / 24-hour Collection
- Delta-Aminolevulinic Acid (ALA)
- Delta-Aminolevulinic Acid (ALA) – 24-hour Collection
- Uric Acid in Urine
- Uric Acid in Urine / 24-hour Collection
- Vanillylmandelic Acid (VMA) in Urine
- Magnesium / Mg in Urine
- Magnesium / Mg – 24-hour Collection
- Metanephrines – 24-hour Collection
- General Urinalysis
- Urea / BUN in Urine / 24-hour Collection
- Urea / BUN in Urine
- Lead / Pb in Urine
- Potassium / K in Urine
- Potassium / K in Urine / 24-hour Collection
- Sodium / Na in Urine
- Sodium / Na in Urine / 24-hour Collection
- Calcium in Urine
- Calcium in Urine / 24-hour Collection

#### Bacteriological tests with taking smear (the service does not include tests performed using molecular biology techniques):

- Vaginal Cleanliness Test (Vaginal Biocenosis)
- Stool Culture – General
- Stool Culture for Pathogenic E. coli (children under 2)
- Stool Culture for Salmonella/Shigella
- Stool Culture for Yersinia enterocolitica
- Urine Culture
- Semen Culture – Aerobic
- Sputum Culture

- Culture for GC (Gonococcus) – Cervical Swab
- Culture for GC (Gonococcus) – Vaginal Swab
- Urethral Swab
- Urethral Swab – Anaerobic Culture
- Throat/Tonsil Swab – Aerobic Culture
- Oral Cavity Swab – Aerobic Culture
- Tongue Swab – Aerobic Culture
- Cervical Canal Swab
- Cervical Canal Swab – Anaerobic Culture
- Nasal Swab
- Nasal Swab – Aerobic Culture
- Nasopharyngeal Swab – Anaerobic Culture
- Nasopharyngeal Swab – Aerobic Culture
- Perianal/Vaginal Swab for GBS
- Eye Swab – Aerobic Culture
- Vaginal Swab – Anaerobic Culture
- Vaginal Swab – Aerobic Culture
- Wound Swab
- Wound Swab – Anaerobic Culture
- Ear Swab – Anaerobic Culture
- Ear Swab – Aerobic Culture

**Faecal tests with taking test samples:**

- Stool – General Examination
- Stool for Giardia (ELISA)
- Stool for Parasites – 1 Sample
- )
- Stool for Rota and Adenoviruses
- Fecal Occult Blood (FOB)

**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 smear (the service does not include tests performed using molecular biology techniques):**

- Mycological Culture – Fingernail
- Mycological Culture – Toenail
- Mycological Culture – Hair
- Mycological Culture – Skin Swab
- Mycological Culture – Skin Scrapings
- Stool Culture for Yeast
- Urine Culture for Yeast
- Sputum Culture for Yeast
- Abscess Content Culture for Yeast
- Culture for Yeast-Like Fungi – Discharge
- Culture for Yeast-Like Fungi – Swab
- Urethral Swab – Yeast Culture
- Throat/Tonsil Swab – Yeast Culture
- Oral Cavity Swab – Yeast Culture
- Tongue Swab – Yeast Culture
- Cervical Canal Swab – Yeast Culture
- Nasal Swab – Yeast Culture
- Nasopharyngeal Swab – Yeast Culture
- Eye Swab – Yeast Culture
- Vaginal Swab – Yeast Culture
- Wound Swab – Yeast Culture
- Ear Swab – Yeast Culture

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

- Digoxin
- Lead

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

- CRP – rapid test
- Cholesterol rapid test
- Glucose meter test
- Troponin – rapid test

**Diagnostic imaging:**

**X-ray (medium conforming with the standard applicable in a given Clinic):**

- Mammography
- Mammography – Targeted View
- Shoulder X-ray (through the chest)
- Shoulder / Arm X-ray – Axial View
- Shoulder / Arm X-ray – Bilateral Axial View
- Shoulder / Arm X-ray – AP
- Shoulder / Arm X-ray – AP + Lateral
- Shoulder / Arm X-ray – AP + Lateral (Bilateral, Comparative)
- Shoulder / Arm X-ray – AP (Bilateral, Comparative)
- Shoulder X-ray – AP + Axial
- Skull X-ray – Cranial Nerve Canals
- Skull X-ray – Orbits
- Skull X-ray – PA + Lateral
- Skull X-ray – PA + Lateral + Base
- Skull X-ray – Base
- Skull X-ray – Semiaxial (Orley Projection)
- Skull X-ray – Sella Turcica
- Skull X-ray – Tangential View
- Functional Lumbar Spine X-ray
- Functional Cervical Spine X-ray
- Functional TMJ X-ray (Temporomandibular Joints)
- Abdominal X-ray – Other
- Abdominal X-ray – Supine
- Abdominal X-ray – Upright
- Chest X-ray
- Chest X-ray – Tomographic Technique
- Chest X-ray – PA + Lateral
- Chest Lateral X-ray with Barium

- Chest X-ray – Other
- Chest X-ray – PA + Lateral with Barium
- Chest X-ray – Thyroid and Trachea
- Sacrum and Coccyx X-ray
- Scaphoid Bone X-ray
- Temporal Bone X-ray – Transorbital View
- Temporal Bone X-ray – Schüller / Stenvers View
- Metatarsal Bones X-ray
- Femur X-ray – AP + Lateral (Left)
- Femur X-ray – AP + Lateral (Right)
- Standing Scoliosis X-ray – AP
- Standing Scoliosis X-ray – AP + Lateral
- Lumbar Spine X-ray – AP + Lateral
- Lumbar Spine X-ray – AP + Lateral + Oblique
- Lumbar Spine X-ray – Lateral
- Lumbosacral Spine X-ray – AP + Lateral
- Lumbosacral Spine X-ray – Oblique
- Thoracic Spine X-ray
- Thoracic Spine X-ray – AP + Lateral
- Thoracic Spine X-ray – AP + Lateral + Oblique
- Thoracic Spine X-ray – Lateral
- Thoracic Spine X-ray – Oblique
- Cervical Spine X-ray
- Cervical Spine X-ray – AP + Lateral
- Cervical Spine X-ray – Lateral
- Cervical Spine X-ray – Lateral + Oblique (3 projections)
- Cervical Spine X-ray – Oblique
- Elbow / Forearm X-ray – AP + Lateral
- Elbow / Forearm X-ray – Bilateral AP + Lateral
- Scapula X-ray
- Pelvis and Hip Joints X-ray
- Sternum X-ray / Lateral Thoracic
- Sternum X-ray – 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 – Bilateral Lateral
- Wrist X-ray – PA + Lateral
- Wrist X-ray – PA + Lateral (Bilateral)
- Nasal Bones X-ray – Lateral
- Nasopharynx X-ray
- Clavicle X-ray

#### Ultrasound examinations:

- Abdominal Aorta and Iliac Arteries Doppler
- Liver Vessels Doppler (Portal Circulation Assessment)
- Lower Limb Arteries Doppler
- Upper Limb Arteries Doppler
- Renal Arteries Doppler
- Carotid and Vertebral Arteries Doppler
- Intracranial Arteries Doppler
- Lower Limb Veins Doppler
- Upper Limb Veins Doppler

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

- MR – magnetic resonance of head
- MR – magnetic resonance of abdomen and small pelvis;

- Bilateral Wrist / Hand X-ray – PA + Lateral / Oblique
- Orbits X-ray – AP + Lateral (2 projections)
- Toe / Toes X-ray – AP + Lateral / Oblique
- Finger / Fingers X-ray – PA + Lateral / Oblique
- Finger / Fingers 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 – Bilateral AP + 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)
- Patella X-ray – Axial (Bilateral)
- Patella X-ray – Axial (Bilateral, 2 positions)
- Patella X-ray – Axial (Bilateral, 3 positions)
- Sacroiliac Joints X-ray – PA
- Sacroiliac Joints X-ray – Oblique
- Hip Joint X-ray – AP
- Hip Joint X-ray – AP (Bilateral)
- Hip Joint X-ray – Axial
- Knee Joint X-ray – AP + Lateral
- Knee Joint X-ray – AP + Lateral (Bilateral)
- Knee Joint X-ray – AP + Lateral (Bilateral, Standing)
- 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 (Standing)
- Foot X-ray – AP + Lateral / Oblique (Bilateral)
- Foot X-ray – AP + Lateral / Oblique (Bilateral, Standing)
- Feet X-ray – AP (Comparative)
- Facial Skeleton X-ray
- Thigh + Lower Leg X-ray
- Paranasal Sinuses X-ray
- Ribs X-ray – One Side (2 oblique projections)
- Mandible X-ray
- Intravenous Urography (with standard contrast agents)

- Gynecological Ultrasound – Transabdominal
- Gynecological Ultrasound – Transvaginal
- Abdominal Ultrasound
- Scrotal / Testicular Ultrasound
- Breast Ultrasound
- Prostate Ultrasound – Transabdominal
- Hip Joints Ultrasound + Orthopedic Consultation (up to 1 year of age)
- Thyroid Ultrasound
- Urinary Tract Ultrasound

- MR – magnetic resonance of sinuses

#### Computer tomography with standard contrast agents:

- CT – computed tomography of head
- CT – computed tomography of sinuses
- CT – computed tomography of small pelvis
- CT – computed tomography of bone pelvis
- CT – computed tomography of abdomen and small pelvis

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

- Anoscopy

#### Other diagnostic tests and examinations:

- Spirometry – Without Medication
- Spirometry – Bronchodilator Test
- Resting ECG
- Standard Audiometry\*
- Standard Exercise 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.



### 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

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.

### 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.