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Healthcare specialists consultations – basic option

The service covers unlimited consultations in outpatient Medical Facilities indicated by LUX MED in the following situations: an illness and emergency medical assistance.

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

- Internal medicine
- Paediatrics
- Family doctor

Note:

The service **Healthcare specialists consultations – basic option** does not include consultation of physicians on duty, physicians with the degree of "doktor habilitowany" (associate professor) or the scientific title of "profesor" (professor) as well as physicians holding the positions of "docent" (assistant professor), "profesor nadzwyczajny" (associate professor) and "profesor zwyczajny" (full professor).

Healthcare specialists consultations – option I plus

The service covers an unlimited access without any referral to consultations with physicians in Medical Facilities indicated by LUX MED in such cases as onset of an illness, emergency medical assistance and general medical advice.

Specialist consultations include an interview, advice by a specialist along with the basic activities necessary to make the diagnosis, taking the appropriate therapeutic decision and treatment monitoring.

For the:

The Insured over 18 years of age – visits relate to consultations within the following scope:

- allergology
- general surgery
- diabetology
- gynaecology
- laryngology
- nephrology
- neurology
- ophthalmology
- proctology
- pulmonology
- rheumatology
- urology

The Insured up to 18 years of age – visits relate to consultation within the following scope:

- surgery
- gynaecology (from the age of 16)
- laryngology
- ophthalmology
- neurology

Note:

The service **Healthcare specialists consultations – option I plus** does not include consultation of physicians on duty, physicians with the degree of "doktor habilitowany" (associate professor) or the scientific title of "profesor" (professor) as well as physicians holding the positions of "docent" (assistant professor), "profesor nadzwyczajny" (associate professor) and "profesor zwyczajny" (full professor). Other consultations are also paid.

Specialists consultations: psychiatrist, psychologist, andrologist, sex therapist, speech therapist

The service entitles the Patient to attend a total of 3 consultations within a 12-month term of the agreement in outpatient Medical Facilities indicated by LUX MED, within the following scope:

For the:

Patients over 18 years of age – visits without a referral relate to consultations within the following scope:

- psychiatry
- psychology
- sex therapy
- andrology
- speech therapy

Patients up to 18 years of age – visits without a referral relate to consultations within the following scope:

- psychiatry
- psychology
- speech therapy

Note:

This includes: medical history taking, specialist advice and basic procedures necessary for making a diagnosis, taking an appropriate therapeutic decision and monitoring of treatment. The service does not include professor consultations, neuro speech therapy or speech therapy in deaf and hearing-impaired patients or conducting therapy.

Nursing procedures

Services including basic measurements, minor procedures, including diagnostic ones, performed by a nurse or midwife on their own or according to the physician's order, in line with their competences, in outpatient Medical Facilities indicated by LUX MED. The scope of outpatient consultation



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procedures depends on the range of physician consultation which the Patient is entitled to within the scope of provided services, the age of the Patient and on the availability of a given procedure in an outpatient Medical Facility indicated by LUX MED.

Nursing procedures include:

Outpatient nursing procedures:

- Intravenous injection
- Subcutaneous/intramuscular injection
- Emergency drip administration
- oral medicine administration in emergency cases
- Body temperature measurement (no referral needed)
- Placement/change/removal - small dressing
- Blood drawing
- Blood pressure measurement (no referral needed)
- Height and body weight measurement (no referral needed)
- Office-based midwife service – palpation of the breast

Note:

Medical materials and products, such as: dressings, bandages, cannulae, syringes,

swabs, adhesive strips, needles, serum - tetanus antitoxin, disinfectants, used for the above procedures are free of charge. Other products used in the above

procedures need to be paid for by the Patient.

On-duty physician consultations – option II

The service includes exclusively basic emergency assistance in a sudden onset of an illness or in injuries requiring initial dressing which have occurred within 24 hours preceding the receipt of a consultation request by LUX MED. On-duty doctors are available within the working hours of outpatient Medical Facilities indicated by LUX MED separately, only on the day of reporting it.

The service does not include healthcare services provided to save life and health in accordance with the National Medical Rescue Act (Journal of Laws 2006.191.1410, as amended).

The 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 (provided that the consultations are available in the facility):

- Internal medicine
- Paediatrics
- Family doctor

Patients over 18 years of age, additionally (if the consultations are available in the clinic):

- general surgery
- orthopaedics

Professor consultations

The service entitles the Patient with a referral issued by a physician from an outpatient Medical Facility indicated by LUX MED to use the consultations of physicians with the degree of "doktor habilitowany" (associate professor) or the scientific title of "profesor" (professor) as well as physicians holding the positions of "docent" (assistant professor), "profesor nadzwyczajny" (associate professor) and "profesor zwyczajny" (full professor). The service (if available in outpatient Medical Facilities indicated by LUX MED) covers the same range of consultations which the Patient is entitled to on the grounds of the Agreement within the Specialists consultations in options: basic, basic - with co-payment, I, I - with co-payment, I plus, I plus- with co-payment, II, II - with co-payment, II plus, II plus - with co-payment, III or IV.

Outpatient procedures – option I

The services including basic measurements and procedures (including the diagnostic ones) not requiring hospitalisation and operating room regimen. Performed in accordance with the competences by a physician or a nurse or an obstetrician during a procedure-specific consultation or beyond the medical consultation, in outpatient Medical Facilities indicated by LUX MED. The scope of outpatient consultation procedures depends on the range of physician consultation which the Patient is entitled to within the scope of provided services, the age of the Patient and on the availability of a given procedure in an outpatient Medical Facility indicated by LUX MED.

Outpatient procedures include:

Outpatient general medical procedures:

- Blood pressure measurement
- Height and body weight measurement
- Non-surgical tick removal

Outpatient surgical procedures:

- Suturing of a wound up to 1,5 cm
- Surgical tick removal
- Non-surgical tick removal
- Placement/change/removal – small dressing (not requiring surgical debridement)
- Removal of another foreign body without incision
- Suture removal in a treatment room after procedures performed in outpatient Medical Facilities indicated by LUX MED
- Suture removal after treatments made outside of Medical Facilities indicated by LUX MED – qualification based on the LUX MED



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doctor's assessment
(we do not remove stitches
after childbirth)

Outpatient laryngological procedures:

- Eustachian tube examination, insufflation
- Catheterisation of the Eustachian tube
- Ear irrigation
- Removal of a foreign body from the nose/ear
- Simple laryngological dressing
- Coagulation of blood vessels of the nasal septum
- Electrocoagulation of blood vessels of the nasal septum

- Nasal tamponade removal
- Bilateral dressing of nasal hemorrhage
- Unilateral dressing of nasal hemorrhage
- Suture removal in a treatment room after laryngological procedures performed in outpatient Medical Facilities indicated by LUX MED
- Suture removal after laryngological procedures

- performed outside of outpatient Medical Facilities indicated by LUX MED – qualification based on the LUX MED doctor's assessment;
- Nasal administration of mucosa-shrinking medicine as needed
- Application/change/removal of a drain in the ear canal

Outpatient ophthalmologic procedures:

- Standard* ocular fundus examination
- Corrective lens selection (excludes varifocal lenses)
- Gonioscopy (iridocorneal angle assessment)

- Removal of a foreign body from the eye
- Visual acuity examination
- Standard* autorefractometry
- Medicine instillation into the conjunctival sac

- Standard* intraocular pressure measurement
- Standard* stereoscopic vision examination
- Lacrimal duct irrigation (refers to: the Patient over 18 years of age)

Outpatient gynaecological procedures:

- Standard* pap smear

Anaesthesia

- Local (infiltration or permeation) anaesthesia

Note:

Medical materials and products, such as: dressings, bandages, cannulae, syringes, swabs, adhesive strips, needles, serum - tetanus antitoxin, disinfectants, surgical sutures and threads, used for the above procedures are free of charge. Other products used in the above procedures need to be paid for by the Patient.

Influenza and tetanus vaccinations

As part of infectious disease prevention, the service includes vaccinations against seasonal flu and administer tetanus anatoxin (anti-tetanus anatoxin).

The service includes:

- Medical consultation before vaccination
- Vaccine (the medicinal product)
- Performance of a nursing service (injection).

Flue vaccinations are performed in outpatient Medical Facilities indicated by LUX MED. LUX MED may also arrange vaccination against seasonal influenza in a place indicated by the Insuring Party – for groups over 30 persons.

Additional recommended preventive vaccinations

The service is available within the additional prophylaxis of infectious diseases in outpatient Medical Facilities indicated by Lux Med, following referral issued by a physician of the abovementioned Clinic. The service covers the following vaccinations (this also refers to combination vaccines) against:

- Hepatitis A
- Hepatitis A and B

The service includes:



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- Medical consultation before vaccination
- Vaccine (the medicinal product)
- Performance of nursing service
- Injection

Laboratory test panel (no referral needed)

The service is only available for the Patient over 18 years of age and is provided only in outpatient Medical Facilities indicated by LUX MED. The service includes a one-time performance of a panel of laboratory tests, composed of the following items, without a referral from a physician (within 12 months of the term of the agreement):

- Urine – general analysis
- Blood count + platelet count + automated smear
- Total cholesterol
- Fasting glucose
- Standard Pap smear (available for Patients over 16 years of age)

Laboratory and imaging diagnostics – basic option

This includes the following laboratory, imaging and functional diagnostic tests performed in outpatient Medical Facilities indicated by LUX MED. The number of performed tests is unlimited. All diagnostic tests and examinations available within the service are performed following referrals issued by physicians from outpatient Medical Facilities indicated by LUX MED, only based on medical indications as part of a diagnostic and therapeutic process conducted in these Medical Facilities.

Laboratory diagnostics:

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

- Blood count + platelet count + automated smear
- ESR
- INR / Prothrombin time
- APTT

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

- GPT/ALT transaminase
- GOT/AST transaminase
- Total bilirubin
- Chlorides (Cl)
- Total cholesterol
- Glucose tolerance test (4 points, 75 g, 0, 1, 2, 3 h)
- Fasting glucose
- Glucose 120' after a meal
- Glucose 60' after a meal
- Glucose 75 g, 4-hour glucose challenge test
- Glucose 75 g, 5-hour glucose challenge test
- Creatinine
- Urea/blood urea nitrogen, BUN
- Potassium (K)
- Sodium (Na)
- Iron (Fe)
- Iron / Fe 120 mins after administration (absorption curve)
- Iron / Fe 180 mins after administration (absorption curve)
- Iron / Fe 240 mins after administration (absorption curve)
- Iron / Fe 300 mins after administration (absorption curve)
- Iron / Fe 60 mins after administration (absorption curve)
- TSH / hTSH
- Total PSA

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

- Basic syphilis serology (VDRL orUSR or anti-TP), formerly WR
- HBs Ag/antigen

Urine tests with taking test samples (urine):

- Urine – general analysis

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

- Urine culture
- General faeces culture

Faecal tests with taking test samples:

- Stool analysis

Cytology tests with taking test samples:

- Standard* Pap smear

Quick strip tests with taking test samples (blood):

- Cholesterol strip test
- Glucose meter test
- Troponin – strip test

Diagnostic imaging:



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ECG examinations:

- Resting ECG

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

- Cranial X-ray orbits
- X-ray of orbits + lateral (2 views)
- Cranial X-ray PA + lateral
- Abdominal X-ray, erect
- Chest X-ray,
- Chest X-ray + lateral
- Chest X-ray, lateral with barite
- Chest X-ray PA + lateral with barium
- Rib X-ray (unilateral), 2 oblique views
- X-ray of sternum, AP
- X-ray sternum / chest lateral

Ultrasound examinations:

- abdominal ultrasound;

Other diagnostic tests and examinations:

- Spirometry without medication
- Standard audiometry*

Note:

As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided in this agreement. If as a result of the application of a new method, the above scope of services is extended, then the services resulting from the scope extensions shall not be covered by the scope of the package. Examination results are stored on a medium conforming with the standard applicable in a given Clinic. Unless stated otherwise, the service does not include strip tests, and ultrasound diagnostic imaging includes a 2D image with no additional options.

Laboratory and imaging diagnostics – option II

This includes the following laboratory, imaging and functional diagnostic tests performed in outpatient Medical Facilities indicated by LUX MED. The number of performed tests is unlimited. All diagnostic tests and examinations available within the service are performed following referrals issued by physicians from outpatient Medical Facilities indicated by LUX MED, only based on medical indications as part of a diagnostic and therapeutic process conducted in these Medical Facilities.

Laboratory diagnostics:

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

- Absolute eosinophil count
- Blood count + platelet count + automated smear
- ESR
- Manual blood smear
- Platelets
- INR / Prothrombin time
- Thrombin time – TT
- D – dimers
- APTT
- Fibrinogen

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

- CRP quantitative
- GPT/ALT transaminase
- GOT/AST transaminase
- Amylase
- Albumins
- Total protein
- PAPP – a protein
- Total bilirubin
- Direct bilirubin
- Chlorides (Cl)
- Cholesterol
- HDL cholesterol
- LDL cholesterol
- Directly measured LDL cholesterol
- CK (creatine kinase)
- LDH – Lactate dehydrogenase
- Alkaline phosphatase /
- Acid phosphatase
- Phosphorus (P)
- GGTP
- Glucose tolerance test (4 points, 75 g, 0, 1, 2, 3 h)
- Fasting glucose
- Glucose 120' after a meal
- Glucose 60' after a meal
- Glucose 75 g, 4-hour glucose challenge test
- Glucose 75 g, 5-hour glucose challenge test
- Creatinine
- Uric acid
- Lipid profile (CHOL, HDL, LDL, TG)
- Magnesium (Mg)
- Urea/blood urea nitrogen, BUN
- Potassium (K)
- Protein profile
- Sodium (Na)
- Triglycerides
- Calcium (Ca)
- Iron (Fe)
- Immunoglobulin IgE (total IgE)
- Immunoglobulin IgA
- Immunoglobulin IgG
- Immunoglobulin IgM
- Folic acid
- Vitamin B12
- TIBC – total iron binding capacity (alternative to Fe saturation)
- Iron / Fe 120 mins after administration (absorption curve)
- Iron / Fe 180 mins after administration (absorption curve)
- Iron / Fe 240 mins after administration (absorption curve)
- Iron / Fe 300 mins after administration (absorption curve)
- Iron / Fe 60 mins after administration (absorption curve)
- Ferritin
- Caeruloplasmin
- Transferrin
- Thyroglobulin



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- Apolipoprotein A1
- Lipase
- Copper
- Cortisol in the afternoon
- Cortisol in the morning
- Prolactin 120' after administration MCP 1 tablet
- Prolactin 30' after administration of MCP 1 tablet
- Prolactin 60' after administration of MCP 1 tablet
- Prolactin
- TSH / hTSH
- Estradiol
- FSH
- Free T3
- Free T4
- Total Beta-hCG
- LH
- Progesterone
- Testosterone
- Free testosterone
- AFP – alpha-fetoprotein
- Free PSA
- Total PSA
- CEA – carcinoembryonic antigen
- CA 125
- CA 15.3 – breast cancer antigen
- CA 19.9 – gastrointestinal cancer antigen

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

- Basic syphilis serology (VDRL or USR or anti-TP), formerly WR
- ASO quantitative
- ASO qualitative
- RF – Rheumatoid Factor – quantitative
- Waaler-Rose test
- BTA test
- Blood group (AB0), Rh factor and antibody screening
- Immune antibody screening / alloantibodies (replaces anti-Rh +/- antibodies)
- HBs Ag/antigen
- A-microsomal/anti-TPO antibodies
- Antithyroglobulin / anti-TG antibodies
- CMV antibodies IgG
- CMV antibodies IgM
- HBs Ab/antibodies;
- HCV Ab/antibodies
- Helicobacter pylori IgG, quantitative;
- HIV-1/HIV-2
- EBV/mononucleosis – latex
- EBV / mononucleosis IgG
- EBV / mononucleosis IgM
- Rubella IgG
- Rubella IgM
- Toxoplasma IgG
- Toxoplasma IgM
- Chlamydia trachomatis IgA antibodies
- Chlamydia trachomatis IgG antibodies
- Chlamydia trachomatis IgM antibodies
- HbC Ab IgM

Urine tests with taking test samples (urine):

- Urine – general analysis
- Vanillylmandelic acid (VMA) in urine
- Urine protein
- Total protein / 24-hour urine collection
- Phosphorus in urine
- Phosphorus in urine / 24-hour urine collection
- Creatinine in urine
- Creatinine – urine / 24-hour urine collection
- Uric acid in urine / 24-hour urine collection
- Uric acid in urine
- Magnesium / Mg in urine
- Magnesium / Mg / 24-hour urine collection
- Urea/blood urea nitrogen, BUN in urine / 24-hour urine collection
- Urea/blood 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
- Delta - aminolevulinic acid (ALA)
- Delta - aminolevulinic acid (ALA) in 24-hour urine collection
- Potassium (K) — urine
- Potassium (K) — urine/ 24-hour urine collection
- Catecholamines (noradrenaline, adrenaline) in a daily urine sample
- Cortisol in 24-hour urine collection
- Metoxycatecholamines in 24-hour urine collection
- Lead/Pb in urine

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

- Urine culture
- General faeces culture
- Pharyngeal / tonsil swab – aerobic culture
- Oral cavity swab - aerobic culture
- Tongue swab - aerobic culture
- Ear swab – anaerobic culture
- Ear swab – aerobic culture
- Eye swab – aerobic culture
- Nasal swab
- Nasal swab – aerobic culture
- Nasopharyngeal swab – anaerobic culture
- Nasopharyngeal swab – aerobic culture
- Anal and vaginal swab culture for Streptococcus GBS
- Vaginal swab – anaerobic culture
- Vaginal swab – aerobic culture
- Culture for GC (GNC) Vaginal swab
- Wound swab
- Wound swab – anaerobic culture
- Stool culture for SS
- Vaginal microbiological test (vaginal biocenosis)
 - Semen culture — aerobic
- Sputum culture
- Endocervical swab
- Endocervical smear – anaerobic culture
- Culture for GC (GNC) Endocervical swab
- Stool culture for Pathogenic E. Coli in children up to 2 years
- Stool culture for Yersinia enterocolitica
- Urethral swab
- Urethral swab – anaerobic culture



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Faecal tests with taking test samples:

- Stool analysis
- Faeces analysis for parasites, 1 assay
- Faecal occult blood (FOB)
- Faecal analysis for rota- and adenovirus
- Faecal ELISA analysis for lamblia

Cytology tests with taking test samples:

- Standard* Pap smear

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

- Mycological examination – toenail fungal culture
- Mycological examination – fingernail fungal culture
- Mycological examination – hair fungal culture
- Mycological examination – skin fungal culture
- Mycological examination – skin scraping fungal culture
- Stool culture for yeast-like fungi
- Urine culture for yeast-like fungi
- Sputum culture for yeast-like fungi
- Abscess content culture for yeast-like fungi
- Secretion culture for yeast-like fungi
- Swab culture for yeast-like fungi
- Urethral swab culture for yeast-like fungi
- Pharyngeal / tonsil swab culture for yeast-like fungi
- Endocervical smear 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
- Vaginal swab culture for yeast-like fungi
- Wound smear culture for yeast-like fungi
- Ear swab culture for yeast-like fungi
- Oral swab – culture for yeast-like fungi
- Tongue swab – culture for yeast-like fungi

Toxicological tests with taking test samples (blood):

- Digoxin
- Lead

Quick strip tests with taking test samples (blood):

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

Diagnostic imaging:

ECG examinations:

- Resting ECG
- Standard* exercise test
- Mounting of a standard* Holter ECG monitor (for 24h) in an office
- Mounting Holter RR (for 24h) device in an office

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

- Cranial X-ray orbits
- X-ray of orbits + lateral (2 views)
- 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
- Cranial X-ray, cranial nerve canals
- Splanchnocranium X-ray
- Abdominal X-ray, other
- Abdominal X-ray, supine
- Abdominal X-ray, erect
- 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
- Lateral nasal X-ray
- Lower leg X-ray, AP + lateral
- Lower leg X-ray, AP + bilateral lateral
- Upper leg and lower leg X-ray
- Femoral bone X-ray, AP + left lateral
- Femoral bone X-ray, AP + right, lateral
- Shoulder X-ray, axial
- Shoulder X-ray, bilateral axial
- Shoulder X-ray, AP + lateral
- Shoulder X-ray: AP + bilateral – comparative image
- Shoulder X-ray, AP
- Shoulder X-ray, AP, both – comparative image
- Forearm X-ray, AP + lateral
- Bilateral forearm X-ray, AP + lateral
- Elbow/forearm X-ray, AP + lateral
- Elbow/forearm X-ray, AP + lateral, bilateral
- X-ray of temporal bones, transorbital
- X-ray of temporal bones by Schuller/Stevens
- Temporal bone pyramid X-ray, transorbital
- Hand X-ray, lateral
- Hand X-ray, PA
- Hand X-ray PA, bilateral
- Finger(s) X-ray, PA + lateral/oblique
- Finger(s) X-ray, PA + lateral/oblique bilateral
- Scaphoid X-ray
- Foot X-ray, AP + lateral/oblique
- Foot X-ray, AP + lateral/oblique, erect
- Foot X-ray, AP + lateral/oblique bilateral
- Foot X-ray, AP + lateral/oblique bilateral, erect
- Foot X-ray, AP (comparative)
- Metatarsal X-ray
- Toe(s) X-ray, AP + lateral/oblique



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- Heel X-ray + axial
- Heel X-ray, lateral
- Lumbar X-ray: AP + lateral
- X-ray of lumbar spine, AP + lateral + oblique
- X-ray of lumbar spine, lateral
- X-ray of lumbosacral spine, oblique
- X-ray of lumbosacral spine AP + lateral
- Lumbar functional X-ray
- Thoracic X-ray
- Thoracic X-ray AP + lateral
- Thoracic X-ray, AP + lateral + oblique
- Thoracic X-ray, lateral
- Thoracic X-ray, oblique views
- Cervical X-ray
- Cervical X-ray, AP + lateral
- Cervical X-ray, lateral
- Cervical X-ray, lateral + oblique (3 views)
- Cervical X-ray, oblique views
- Cervical functional X-ray
- Spinal X-ray AP, erect (scoliosis)
- Spinal X-ray AP, erect + lateral (scoliosis)
- Scapular X-ray
- Pelvic and hip joint X-ray
- X-ray of sternum, AP
- X-ray sternum / chest lateral
- Mandibular X-ray
- Paranasal sinus X-ray
- Rib X-ray (unilateral), 2 oblique views
- Wrist X-ray, lateral
- X-ray of both wrists, lateral
- Wrist X-ray, PA + lateral
- Wrist X-ray, PA + bilateral lateral
- Hand X-ray, PA + oblique
- Hand X-ray, PA + oblique, bilateral
- Wrist/hand X-ray, PA + lateral/oblique left
- Wrist/hand X-ray, PA + lateral/oblique right
- Wrist/hand X-ray, PA + lateral/oblique bilateral
- Wrist/hand X-ray, PA + lateral/oblique 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
- Knee joint X-ray, AP + bilateral lateral, erect
- Knee joint X-ray, lateral
- Elbow joint X-ray
- Ankle joint X-ray, AP + lateral
- Ankle joint X-ray, AP + lateral bilateral
- Temporomandibular joint functional X-ray
- Urography (with standard contrast agents)
- X-ray of nasopharynx
- Shoulder X-ray (transthoracic)
- Shoulder X-ray, AP + axial
- Clavicular X-ray

Ultrasound examinations:

- Abdominal ultrasound
- Urinary tract ultrasound
- Breast ultrasound
- Thyroid ultrasound
- Transabdominal prostate ultrasound
- Transvaginal gynaecological ultrasound
- Transabdominal gynaecological ultrasound
- Testicular ultrasound
- Salivary gland ultrasound
- Transrectal prostate ultrasound
- Ultrasound / Doppler ultrasound of carotid arteries and vertebral arteries
- Ultrasound / Doppler ultrasound of lower limb arteries
- Ultrasound/Doppler ultrasound of upper limb arteries
- Ultrasound/Doppler ultrasound of lower limb veins
- Ultrasound/Doppler ultrasound of upper limb veins
- 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 renal arteries;
- Ultrasound/Doppler ultrasound of intracranial arteries
- Hip joints ultrasound – for children
- Hip joint ultrasound + orthopaedic consultation (up to 1 year of age);
- Hip joint ultrasound
- Knee joint ultrasound
- Elbow joint ultrasound
- Ankle joint ultrasound
- Shoulder ultrasound
- Subcutaneous tissue ultrasound (lipomas, fibromas, etc.)
- Post-traumatic muscle haematoma ultrasound
- Lymph node ultrasound
- Wrist ultrasound
- Ultrasound of ligaments, muscles, small joints
- Ultrasound of metatarsal
- Ultrasound of the plantar aponeurosis
- Finger and metacarpophalangeal joint ultrasound
- Achilles tendon ultrasound;
- Urinary tract ultrasound + TRUS
- Trans-fontanelle ultrasound
- Echocardiography – cardiac ultrasound

Endoscopic examinations with endoscopic biopsy specimen sampling:

- Anoscopy
- Gastroscopy (with urease test)
- Rectoscopy
- Sigmoidoscopy
- Colonoscopy
- Histopathological examination — endoscopy biopsy material



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Magnetic resonance imaging with standard contrast agents:

- MR – magnetic resonance of head
- MR – magnetic resonance, angiography head
- MR – magnetic resonance head + angiography
- MR – magnetic resonance, head and pituitary gland
 - MR – magnetic resonance, splanchnocranium
 - MR – magnetic resonance of abdomen
 - MR – magnetic resonance of small pelvis
 - MR – magnetic resonance of bone pelvis
 - MR – magnetic resonance of abdomen and small pelvis;
- MR – magnetic resonance of thorax
- MR – magnetic resonance of lumbar spine
- MR – magnetic resonance of thoracic spine
- MR – magnetic resonance of cervical spine
- MR – magnetic resonance of orbits
- MR – magnetic resonance of sinuses
- MR – magnetic resonance of pituitary gland
- MR – magnetic resonance of shoulder joint
- MR – magnetic resonance of elbow joint
- MR – magnetic resonance of knee joint
- MR – magnetic resonance of wrist
- MR – magnetic resonance of ankle joint
- MR – magnetic resonance of hip joint
- MR – magnetic resonance of sacroiliac joints
- MR – magnetic resonance of foot
- MR – magnetic resonance of lower leg
- MR – magnetic resonance of upper leg
- MR – magnetic resonance of forearm
- MR – magnetic resonance of arm
- MR – magnetic resonance of hand

Computer tomography with standard contrast agents:

- CT – computed tomography of head
- CT – computed tomography of facial skeleton
- CT – computed tomography of pituitary gland
- CT – computed tomography of sinuses
- CT – computed tomography of orbits
- CT – computed tomography of temporal bones
- CT – computed tomography of neck
- CT – computed tomography of larynx
- CT – computed tomography of thorax
- CT – low-dose computed tomography of thorax
- CT – computed tomography of thorax (HRCT)
- CT – computed tomography of abdomen
- CT – computed tomography, abdomen (3 phases)
- CT – computed tomography of small pelvis
- CT – computed tomography of bone pelvis
- CT – computed tomography of abdomen and small pelvis
- CT – computed tomography of thorax and abdomen
- CT – computed tomography of thorax, abdomen, small pelvis
- CT – computed tomography of neck, thorax, abdomen, small pelvis
- CT – computed tomography of cervical spine
- CT – computed tomography of thoracic spine
- CT – computed tomography of lumbar spine
- CT – computed tomography, lumbar + sacral spine
- CT – computed tomography of cervical + lumbar spine
- CT – computed tomography of cervical + thoracic spine
- CT – computed tomography of cervical + thoracic + lumbar spine
- CT – computed tomography of thoracic + lumbar spine
- CT – computed tomography of hip joint
- CT – computed tomography of knee joint
- CT – computed tomography of ankle joint
- CT – computed tomography of wrist
- CT – computed tomography of shoulder joint
- CT – computed tomography of elbow joint
- CT – computed tomography of foot
- CT – computed tomography of upper leg
- CT – computed tomography of lower leg
- CT – computed tomography of arm
- CT – computed tomography of forearm
- CT – computed tomography of hand

Other diagnostic tests and examinations:

- Spirometry without medication
- Spirometry – diastolic test
- Standard audiometry*
- Lumbar spine densitometry (trabecular bone assessment) – screening
- Densitometry femoral collum (cortical bone assessment) – screening
- Uroflowmetric examination
- Mammography
- Mammography – targeted image
- Computerised visual field test
- Dark adaptation test
- Pachymetry
- Standard* EEG during wakefulness



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Note:

As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided in this agreement. If as a result of the application of a new method, the above scope of services is extended, then the services resulting from the scope extensions shall not be covered by the scope of the package. Examination results are stored on a medium conforming with the standard applicable in a given facility. Unless stated otherwise, CT, MRI and ultrasound diagnostic imaging includes a 2D image with no additional options (including extended genetic ultrasound).

Laboratory and imaging diagnostics - diagnostics prior surgical procedure

This includes the following laboratory and imaging diagnostic tests performed in outpatient Medical Facilities indicated by LUX MED. The number of performed tests is unlimited, however all diagnostic tests and examinations available within the service are performed following referrals issued by Physicians from outpatient Medical Facilities indicated by LUX MED, for the Patient's elective surgery. In order to obtain appropriate referrals, the Patient should submit documentation to a Physician from the outpatient Medical Facility indicated by LUX MED, stating that the elective surgery will be performed, in the form of a referral from the hospital (in which the surgery will be performed) or medical records relating to the elective surgery.

Laboratory diagnostics:

Blood tests with sample (blood) collection:

- APTT - qualification for a surgical procedure
- Fasting glucose - qualification for a surgical procedure
- Blood group - qualification for a surgical procedure
- HBs AG /antigen - qualification for a surgical procedure
- HBs Ab / antibodies - qualification for a surgical procedure
- HCV Ab / antibodies - qualification for a surgical procedure
- HIV I/HIV II - qualification for a surgical procedure
- INR / Prothrombin time / Quick - qualification for a surgical procedure
- Creatinine - qualification for a surgical procedure
- Blood count + platelet count + automated smear - qualification for a surgical procedure
- Potassium (K) - qualification for a surgical procedure
- Sodium (Na) - qualification for a surgical procedure

Urine tests with sample (urine) collection:

- Urine – general analysis - qualification for a surgical procedure

Diagnostic imaging:

ECG examinations:

- Resting ECG - qualification for a surgical procedure

X-ray:

- Chest X-ray - qualification for a surgical procedure

Note:

As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided in this agreement. If as a result of the application of a new method, the above scope of services is extended, then the services resulting from the scope extensions shall not be covered by the scope of the package. The Physician from that Facility may order additional tests outside the scope of these services. In such a case the tests will be performed according to the price list in that Facility. In the case of justified doubts the Physician shall have the right to refuse to issue referrals for tests. Examination results are stored on a medium conforming with the standard applicable in a given facility. Unless stated otherwise, the service does not include strip tests.

Allergy tests – option I

The service includes allergy skin tests, patch tests or contact tests. The tests are ordered by a physician from an outpatient Medical Facility indicated by LUX MED, in the following scope:

- ✓ Allergist consultation – qualification for tests
- ✓ Allergy skin tests – skin prick tests with a product for allergy tests:
 - skin allergy tests – 1 spot
 - skin allergy tests – food allergy panel
 - skin allergy tests – inhaled allergens panel

Note:

As technology advances, the names or methods of specific diagnostic tests may be subject to change, which shall not limit the scope of services provided in this agreement. If as a result of the application of a new method, the above scope of services is extended, then the services resulting from the scope extensions shall not be covered by the scope of the package.

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

The Patient is entitled to a **10% discount** on medical services, excluding dental services, offered by LUX MED Own Facilities – this applies to LUX MED and Medycyna Rodzinna facilities listed on www.luxmed.pl. The discount is calculated from the price list available in the facility. Discounts may not be combined.



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10% discount on medical procedures provided in the LUX MED Hospital

The Patient is entitled to a **10% discount** on all medical procedures provided in the LUX MED Hospital. The discount is calculated from the price list available in the facility. Discounts may not be combined.

10% discount on medical procedures provided in the Carolina Medical Center Hospital

The Patient is entitled to a **10% discount** on all medical procedures offered by Sport Medica SA at Carolina Medical Center (detailed information about the facility is available on www.carolina.pl). The discount is calculated from the price list available in the facility. The discount does not include prices of such medical materials as light cast, implants, orthotics, stabilizers, orthopaedic fixation, sutures of meniscus, and prices of drugs for intra-articular and intravenous injections. Discounts may not be combined.

Package availability option – Silver

A service consisting in the provision of better access to LUX MED's Specialist Physicians – the Availability Time for the Silver Option is greater than 70%. Under this option, the Patient is entitled to Reimbursement of service costs on the terms specified below.

LUX MED shall reimburse the costs incurred by the Entitled Person amounting to 70% of the unit price of the Health Service carried out during the Reimbursement Period in a Medical Facility other than that indicated by LUX MED, to which the Eligible Person is entitled under the Agreement and the Benefitplan held, up to the quarterly Reimbursement Limit of **PLN 500** per Eligible Person. Payment of a Reimbursement amount is made on the basis of an Application constituting **Annex No. 1a** to the Regulations on Reimbursement submitted along with the set of documents.

Detailed Reimbursement terms and conditions, requirements regarding documenting the incurred costs and terms on which refunds are made have been specified in the "Freedom of Treatment" (Swoboda leczenia) Regulations on Reimbursement , constituting **Annex No. 1** to **Annex No. B**.

Preventive health check – option I

Preventive health check – option I is an annual (available once during a 12-month term of the agreement) health check, depending on the age and sex of the Patient, including a range of examinations and consultations for the Patient over 18 years of age. The health check starts with an internist visit when medical history is taken and referrals for examinations (according to the indications). The health check concludes with an internist consultation, during which the Patient obtains information on their health status and further recommendations.

The scope of the check for women includes:

- ✓ Internist consultation — medical history
- ✓ Gynaecological consultation
- ✓ Ophthalmological consultation
- ✓ Laboratory tests:
 - Urine – general analysis
 - faecal occult blood (FOB);
 - Blood count + platelet count + automated smear
 - ESR
 - Fasting glucose
 - TSH / hTSH
 - Lipid profile (CHOL, HDL, LDL, TG)
 - GPT/ALT transaminase
 - Standard* Pap smear
- ✓ Imaging examinations:
 - Transabdominal gynaecological ultrasound or transvaginal ultrasound
 - Breast ultrasound and Mammography - women, depending on medical indications
 - PA chest X-ray - depending on medical indications
 - Abdominal ultrasound
- ✓ Functional examinations:
 - Resting ECG
- ✓ Internist consultation — closing consultation

The scope of the check for men includes:

- ✓ Internist consultation — medical history
- ✓ Ophthalmological consultation
- ✓ urological consultation;
- ✓ Laboratory tests:
 - Urine – general analysis
 - faecal occult blood (FOB);
 - Blood count + platelet count + automated smear
 - ESR
 - PSA panel (PSA, FPSA, FPSA / PSA index)
 - TSH / hTSH
 - Lipid profile (CHOL, HDL, LDL, TG)
 - GPT/ALT transaminase
 - Fasting glucose



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- ✓ Imaging examinations:
 - PA chest X-ray depending on medical indications
 - Abdominal ultrasound
- ✓ Functional examinations:
 - Resting ECG
- ✓ Internist consultation — closing consultation

Note:

The scheme is available in outpatient Medical Facilities indicated by LUX MED. In order to make an appointment for scheme implementation, the Patient should contact using the on-line form available on <https://www.luxmed.pl/strona-glowna/kontakt/infolinia.html>.

Oncological Prevention Program LUX MED

The LUX MED Oncology Prevention Program for health review is aimed at the early detection of the most common malignant neoplasms. The LUX MED Oncological Prevention Program is only intended for employees aged from 18 to 70. The scope of the program includes: Education, preventive measures (annually) and the coordination of diagnostics.