POLMED®

Individual medical care packages

Man

(without additional charges)

You are brave, creative and never give up on your dreams.
Your perseverance and commitment remain strong.
And do you fight for your health with the same determination?
Do you appreciate the importance of prevention and plan activities related to physical and mental wellness?

Let us take care of you comprehensively. Dedicate yourself to your passions and goals while we take care of you.

Below you will find a detailed scope of the package and a description of how to use medical care at more than 2,000 medical facilities

Package designed for men between the ages of 18-65.

Package Scope:

Flu Vaccination:

20% discount on medical facility price

The vaccination service includes: pre-vaccination consultation, vaccine, injection

Care provided by an internist, family medicine specialist (consultations/online consultations)

Specialist care:

no referrals

Patients have direct (no referral from an internist) and unlimited access to physicians in the specialties listed below.

Scope of consultation/online consultation includes:	history, physical examination, referral for diagnostic testing medical indications, a diagnosis, treatment, indications for further specialised treatment
Scope of consultation/online consultation:	allergologist, surgeon, dermatologist, diabetologist, endocrinologist, gastroenterologist, hematologist, cardiologist, laryngologist, nephrologist, neurologist, ophthalmologist, oncologist, orthopaedist, rheumatologist, urologist

Online consultation is a fully-fledged medical advice without the need for a visit to the clinic, used to: obtain preventive advice, interpret test results, order a prescription to continue treatment, obtain recommendations for tests or medical consultation, information on drug dosage, current monitoring of patient's condition, obtain information on further treatment process.

Laboratory tests:

at doctor's recommendations, after taking into account medical indications

Scope of free tests:

1. **General Analytics:**
   urine - general examination, urine - urinary stone chemistry examination, urine - Addis or Hamburger number, urine - microalbuminuria; fecal examination for lamblia - ELISA, fecal examination for parasite eggs, general fecal examination, fecal examination for food residues - starch, fat, fiber; fecal occult blood, fecal culture, fecal smear for pinworms
2. **Hematology and Coagulology:**
   blood count, platelets, reticulocytes, leukocytes, manual blood smear, antithrombin III (AT III), protein C (PC), kaolin-cephalin time (APTT), prothrombin time - PT (with INR value), thrombin time (TT), D-dimers quantitatively, Fibrinogen, APTT, ESR, absolute eosinophilia
3. **Diagnosis of lipid disorders and atherosclerosis risk:**
   HDL cholesterol, LDL-cholesterol, triglycerides, homocysteine, lipidogram (TC, TG, HDL-C, LDL-C)
4. **Diabetes diagnosis:**
   C-peptide, fructosamine, hemoglobin, glycosylated - HbAlc, insulin

Laboratory tests, cont.:

Scope of free tests, cont.:

5. **Clinical Chemistry:**
   albumin, total protein, direct (bound) bilirubin, total bilirubin. chloride, Cholinesterase, Lactate Dehydrogenase (LDH), Urine Diastase (Amylase), Serum Diastase (Amylase), Alkaline Phosphatase - ALP, acid phosphatase - AcP, urine phosphates, serum phosphorus (P), glucose, gamma-glutamyl transpeptidase - GGTP, 75g oral glucose absorption curve („0" and „120 min"), ionogram (sodium and potassium), creatine kinase - CPK, urine creatinine, serum creatinine, uric acid, lipase, lipoprotein a - Lp (a), total magnesium, urea, proteinogram, AST, ALT, urine calcium, serum calcium, serum iron

6. **Serologic and diagnostic tests for infection:**
   antistreptolysin „0" - ASO (titer), acute phase protein - CRP (quantitative), ceruloplasmin, rheumatoid factor - RF (latex test), passive spinal hemagglutination assay (TPHA), FTA-AB assay, waaler-Rose reaction (hemagglutination test), serummoid, VDRL - WR, bordetella pertussis IgA, bordetella pertussis IgG, bordetella pertussis IgM, borreliosis - IgG/IgM, brucellosis IgG, brucellosis IgM, chlamydia trachomatis PC IgA, cytomegalovirus (CMV) - PC IgM quantitative test, cytomegalovirus (CMV) IgG - quantitative test, EBV IgG/IgM, helicobacter pylori - PC IgG quantitative test, herpes virus IgG (HSV IgG), herpes virus IgM (HSV IgM), listeriosis - qualitative test, mononucleosis - latex test, mycogram with MIC determination, mycoplasma pneumoniae IgG, Mycoplasma pneumoniae IgM, Chlamydia Pneumoniae IgM antibodies, Chlamydia Pneumoniae IgG antibodies, Chlamydia trachomatis IgG antibodies - qualitative test, Urine culture + antibiogram, HIV1/HIV 2 antibodies, Rubella IgG - quantitative test, Rubella IgM - qualitative test, toxoplasmosis IgG - quantitative test, Toxoplasmosis IgM - qualitative test, Toxocariasis IgG, Smear and culture of excrements, secretions and wounds, Smear for Escherichia Coli - enteropathogenic strains, Smear for Enterobacteriaceae SS, Skin and mucosal swabs and cultures, Yersinia - IgA, IgM, IgG antibodies

7. **Diagnosis of anemia:**
   ferritin, folic acid, TIBC - total iron binding capacity, transferrin, vitamin B12

8. **Drug Concentration Assessment:**
   digoxin, phenytoin, carbamazepine, valproic acid, theophylline

9. **Diagnosis of viral hepatitis - Hepatitis:**
   virus A anti-Hepatitis A Virus (anti-HAV) IgM antibodies, anti-Hepatitis A Virus (anti-HAV) Total antibodies, virus B anti-HBe antibodies, HBe antigen, antigen, HBs - qualitative test, HBV-DNA (PCR method), anti-HBs - quantitative test, anti-HBVc antibodies, virus C anti-HCV

10. **Diagnosis of thyroid diseases:**
    thyroglobulin antibodies (anti-TG), thyroid peroxidase antibodies, TPO antibodies, TSH receptor antibodies, triiodothyronine (T3), third generation TSH, thyroxine (T4), free T3 - FT3, free T4 - FT4

11. **Sex hormones:**
    sex hormone binding globulin SHBG, folliculotropic hormone (FSH), progesterone, prolactin (PRL), dehydroepiandrostendione sulfate - DHEA-S, testosterone

Laboratory tests, cont.:

Scope of free tests, cont.:

12. **Other hormones:**
    17 - KS, adrenaline, adrenaline - daily urine collection, aldosterone, aldosterone - daily urine collection, androstendione, adrenocorticotropic hormone (ACTH), growth hormone, cortisol, cortisol - daily urine collection, vanillin-migdalic acid - VAM - daily urine collection, noradrenaline, noradrenaline - daily urine collection, parathormone (PTH)

13. **Allergology:**
    Total IgE, Specific IgE - single allergen

14. **Blood group serology:**
    blood group determination, Coombs test (antibodies against the Rh factor)

15. **Immunoglobulins:**
    antitrypsin, C-3c (complement component), C-4 (complement component), C1 inhibitor, immunoglobulin A (IgA), immunoglobulin G (IgG), immunoglobulin M (IgM)

16. **Autoimmunity:**
    lupus anticoagulant, antinuclear, antinuclear and cytoplasmic antibodies/ds. DNA, ss CNA, RNP,Sm, Scl-70, La, Ro, Jo-1, antihistone, mitochondrial, IgA anti-gliadin antibodies, IgG anti-gliadin antibodies, pemfi gus (Pf,Pv) IMF, anti-GMB IMF, anti-anti-anticoagulipid IgG, anti-anticoagulipid IgG and IgM, anti-cardiolipid IgM, anti-microsomal antibodies (MAB), anti-gliadin antibodies IgG and IgA (total), anti-DNA antibodies, anti gastric lining cell antibodies, IMF, anti-leukocyte cytoplasmic antibodies - ANCA, anti-endomysium and anti-gliadin antibodies IgG and IgA (total), anti-endomysium and anti-gliadin antibodies IgA, anti-endomysium and anti-gliadin antibodies IgG, anti-endomysium IgA EmA, anti-endomysium IgG EmA, anti-endomysium IgG and IgA EmA (combined), anti-nuclear antibodies - ANA screening test, anti-smooth muscle IMF ASMA, anti-cross striated muscle IMF, anti-Mitochondrial Antibodies - M-type AMA, Anti-Mitochondrial Antibodies (M2, M4, M9) AMA, Anti-Adrenal Antibodies, Anti-Reticulin IgA, Anti-Reticulin IgA and IgG, Anti-Reticulin IgG, Anti-Tyroglobulin (ATG)

17. **Cancer markers:**
    Number 21-1 - lung cancer marker, Ca 72.4 - colorectal cancer marker, alpha - fetoprotein (AFP), carcinoembryonic antigen (CEA), Ca 125, Ca 15-3, Ca 19-9, Scc marker, tissue specific polypeptide - TPS, thyroglobulin, prostate specific antigen (PSA), free PSA (fPSA)

18. **Diagnosis of ischemic heart disease:**
    CK-MB (cardiac creatine kinase-fraction), myoglobin, troponin I - TI

19. **Laboratory diagnosis of osteoporosis:**
    calcitonin, osteocalcin - a marker of bone formation, parathormone - PTH

20. **Toxicology:**
    zinccoprotoporphins, phenol, coproporphyrins - urine, deltaaminolevulinic acid (ALA), porphyrins - fractions, porphobilinogen, zinc concentration, lead concentration, lead concentration - daily urine collection

Diagnostic tests:

at doctor's recommendations, after taking into account medical indications

Scope of free tests:	spirometry, audiometry, tympanometry, histopathological exam (material collected surgically, endoscopically, during fine needle node biopsy lymph node or nodule - e.g. thyroid, breast - including histopathological evaluation without diagnostic immunohistochemistry), densitometry, endoscopic examinations (with local anesthesia): esophagoscopy, (gastroduodenoscopy), colonoscopy, sigmoidoscopy, rectoscopy, anoscopy
	Conventional X-ray examinations: complex skull examination (including nasal bones and sinuses, mandible and temporomandibular joint), spine (cervical, thoracic, lumbar-sacral, coccyx; includes radiological diagnostics of scoliosis), chest (including sternum and ribs), clavicle, scapula, pelvis, sacro-iliac joints, review of abdominal cavity, all bones and joints of the limbs
	Contrast X-ray of: gastrointestinal tract, (1 and 2 contrast), urinary system (urography, cystography)
	Ultrasound exam: thyroid gland, salivary glands, larynx, lymph nodes, abdominal cavity (including urinary tract), retroperitoneal space, pelvic organs, limb joints (shoulder, elbow, wrist, finger, hip, knee, ankle), muscles and tendons of the limbs, subcutaneous tissue, testes and epididymides (scrotum), prostate gland through the abdominal cavity or transrectal (TRUS)
	Cardiac Diagnostics: resting ECG, exercise ECG, 24-hour ECG - Holter, 24-hour blood pressure recording, vascular ultrasound (Doppler): intracranial arteries, arteries of the neck (cerebral arteries: carotid and vertebral), jugular veins, ultrasound of the heart (resting echocardiography), abdominal aorta, renal arteries, portal veins, iliac arteries, arteries and veins of the extremities
Allergy tests:	spot skin tests (panel: food, respiratory, mixed)

Outpatient treatments:

consistent with medical consultations

Services in the form of procedures that may be performed by a physician or nurse practitioner during a physician consultation appropriate to the procedure or after a physician consultation in an outpatient setting. The range of outpatient consultations depends on the range of specialist consultations which the Patient is entitled to under the subscription.

Note:

The procedures listed are performed as part of a complementary consultation when available at the facility. Medical supplies and materials such as traditional plaster, bandages, i.v., syringes, cotton balls, plasters, needles, disinfectants, sutures and surgical threads used for the above mentioned procedures, **are free of charge**.

Outpatient treatments, cont.:

Outpatient procedures **Surgical procedures:**	placing and changing a simple dressing that does not require surgical service, swab and culture collection, removal of sutures after procedures performed in our own POLMED Medical Centers, removal of stitches after procedures performed outside our POLMED Medical Centers - case classification after doctor's evaluation, local anesthesia, tick removal
Outpatient procedures **ENT procedures:**	insertion and removal of anterior nasal tamponade, blowing out (catheterization) of the trumpet auditory, coagulation of nasal septal vessels, removal of foreign body from nose, ear, insertion/change of another ENT dressing, insertion/replacement/removal of a swab, ear/nose rinsing, indirect laryngoscopy, swab/culture collection, insertion of stitches, removal of stitches after ENT procedures performed in POLMED's Medical Centres, removal of stitches after ENT procedures performed outside POLMED's own Medical Centres - case qualification after the doctor's assessment, intranasal administration of a nasal mucosa decongestant
Outpatient procedures **Ophthalmological examination:**	examination of fundus, measurement of intraocular pressure, removal of foreign bodies from the eye, examination of visual acuity, visual field, spatial vision, subconjunctival injection, examination with autorefractometer, injection of medication into the conjunctival sac, rinsing of the conjunctival sac, gonioscopy, smear/culture collection, adaptation to darkness, selection of glasses
Outpatient procedures **Orthopedic procedures:**	plaster dressing application/change/removal, fracture repositioning (if appropriate clinic facilities are available), dressing application/change, delivery and periarticular injections, joint puncture - collection of material for examination, application of an elastic band, application of a splint/embrace, application/adjustment of an orthosis or stabilizer
Outpatient procedures **Dermatological procedures:**	dermatoscopy, collection of a swab or other dermatological material for culture

Nursing Services:

available at the facility

intramuscular injection (patient's medication), intravenous injection (patient's medication), subcutaneous injection (patient's medication), intravenous drip infusion (patient's medication), simple dressing, blood pressure measurement, intradermal testing, height and weight measurements with BMI calculation

Dental prophylaxis:

free dental check-up once a year

oral hygiene instruction

Discount for other medical services available at POLMED Medical Centers **– 20%**

Patient information:

Accessibility Standards:

- access to an internist/family doctor/pediatrician within 24 business hours at the latest
- access to a specialist - up to 5 working days
- access to diagnostics (ultrasound, X-ray, ECG) - up to 5 working days
- access to other diagnostics (such as MRI, tomography, mammography, endoscopy, EEG) - up to 15 working days

NOTE: deadlines are subject to change in situations beyond POLMED's reasonable and economically justifiable control.

Making and canceling appointments:

CONCIERGE care (58 355 77 19)

A special helpline providing quick contact with a consultant, dedicated to serving patients who have private POLMED Medical Care Packages.

POLMED Telephone Patient Service Center (TCOP) (58 775 95 99)

Nationwide booking of services (consultation, diagnostics) available to the Patient 24 hours a day, 7 days a week.
The reservation covers both POLMED's own Medical Centers and Medical Partners' facilities throughout Poland.
The patient reports that they need/want to use the service. TCOP consultant searches for and arranges with the patient for a convenient appointment time and place. You can also cancel your appointment through TCOP.

Automated Consultant (available under TCOP)

Nationwide registration through POLMED's automated consultant. When calling 58 775 95 99, simply dial [5] Self-Consultant and then enter your PESEL number, name, city and preferred medical specialty. A consultant will call you back with an appointment suggestion. With the help of an auto-consultant, you can also place a prescription order for your ongoing medications.

Cancelling appointments

A simple way to cancel appointments. Simply call 58 775 95 99, select the asterisk [*], enter your information and your appointment time. The consultant will quickly cancel the appointment for the patient.

SMS appointment reminder message

In the case of an appointment at POLMED Medical Center, an autoconsultant calls at least two days before the appointment date and can be used to confirm or cancel the appointment. In the case of an appointment at a Medical Partner facility, on the day before or the day of service, the Patient will receive a text message reminder of the upcoming consultation/diagnostic date.

SMS message with a code - authorisation of a visit to a Medical Partner

A day before the visit, in the form of an SMS **we send you a CODE** which entitles you to receive a consultation/diagnosis at POLMED Medical Partner's facility.

POLMED Patient Portal

Setting up an account in POLMED Patient Portal enables easy use of medical subscriptions in POLMED.
The following functionality is available in the Portal:

- verifying the scope of the medical package
- checking test results
- view of visit history and medical records
- making or cancelling appointments (e-booking) in POLMED Medical Centers
- ordering prescriptions for permanent medication
- sending referrals for tests and requesting medical diagnostics
- sending medical documentation from visits and examinations outside of our own POLMED Medical Centers.

The following are automatically available in the Patient Portal:

- results of tests performed in POLMED Medical Centers and Diagnostyka collection points (also archived),
- documentation from visits to POLMED Medical Centres and teleconsultations (only from the date of authorization - archival documents can be printed at the reception of any POLMED Medical Centre).

Documentation of visits to POLMED Medical Partners can be implemented in the POLMED Patient Portal and on its basis the patient can use e.g. Online consultation or order prescription for permanent medicines.

Due to the safety of medical data, access to test results and medical records requires confirmation of Patient's identity - the so-called **access authorization**.

Authorization process can be performed:

- remotely, using myID service,
- at the reception desk of any POLMED Medical Center.

Contact the Advisor (contracts, formal issues):

Monday through Friday,
8 a.m. to 3 p.m. at:
58 775 95 55 or **603 031 613**