

OPTIMUM PACKAGE



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Occupational medicine – scope of tests performed

- **Initial health examinations** – performed prior to starting work, after a change of a workplace, if there are new types of exposure or if new types of exposure have appeared at the current workplace.
- **Periodic health examinations** – performed in subjects working at a given workplace whose previous work capability assessment has become invalid.
- **Periodic health examinations pursuant to §6 point 1 of the MZiO Regulation of 30.05.1996** on carrying out medical examinations of employees [...] (Journal of Laws 96.69 332 as amended) are performed in employees working at a given workplace with a valid work capability assessment but who have reported such impairment of their health status to their employer that makes it impossible to perform their current work – e.g. vision impairment.
- **Follow-up health examinations** – are performed in employees who have been on a sick leave for more than 30 days.
- **Sanitary and epidemiological tests** – are performed prior to starting work, re-starting work, after infection with pathogenic microorganisms – Mycobacterium tuberculosis, Salmonella typhi, Salmonella bacteria causing paratyphoid fever, Salmonella and Shigella bacteria as well as other pathogenic microorganisms that cause infections making it impossible to perform such work that is associated with a possible transfer of infection to other subjects.

When you have a referral, please contact our Call Centre and select connection with a team dedicated to scheduling occupational medicine examinations who based on determined risks will schedule a complete set of tests and consultations that are necessary to obtain a medical certificate.

To offer more comfort to employers and employees occupational medicine examinations are performed at the majority of our centres as we provide a “combo path”, namely consultations that follow one another in order to reduce time spent at our centres. Additionally, in case of risks associated with the need to perform cholesterol and glucose tests we use strip tests in order to eliminate the need to await test results and to have another visit at our centre.

Employees who have just been employed can be referred without any charges to initial health examinations at any moment, and it is not necessary to provide a complete subscription plan for them immediately, as they can be included in the package within one month or three months, depending on a company policy.

In case of worrying results of tests or consultations an expert physician may be able to refer an employee for additional tests that are not related to their workplace but to their current health status. Moreover, in such cases medical care purchased by the employer covers the cost of such tests.



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Scope of activities resulting from the act as a component of the suggested contract

- To perform initial, periodic and follow-up health examinations pursuant to the labour code
- To assess possibilities to perform a given job taking into account a health status and risks at a workplace
- To administer protective vaccines that are necessary in relation to performed work
- To monitor the health status of employees
- To perform tests allowing for early diagnostics of occupational diseases and other diseases associated with a given job
- To initiate and implement health promotion, especially prophylactic pro-health programmes in relation to the assessment of the health status of employees
- To analyse the health status of employees, especially with regard to the presence and reasons for occupational diseases and work-related accidents
- To provide personal participation of a physician at meetings of a work safety and hygiene committee at the premises of a company
- To be willing to provide other medical services

Enel-med ambulance and sanitary transportation

An ambulance service can be provided to the place of work, patient's home or any other place of an accident within administrative borders of Gdańsk, Gdynia, Łódź, Kraków, Katowice, Poznań, Warsaw and Wrocław. A dispatcher makes a decision to send an ambulance based on medical indications suggesting sudden deterioration of a health status. The intervention is aimed to provide a patient with urgent medical help, and in case further diagnostic tests are necessary, to transport a patient to a place or hospital indicated by enel-med.

Additionally, we provide sanitary transportation at a medical request in the entire country, if a patient cannot use other means of transport due to their health status. Transportation services include transporting a patient from/to a medical centre, and are available when transport starts or ends within 25 km from the centre of a city where enel-med has its centre, and also within 30 km from the centre of Warsaw.

Comprehensive specialist consultations

As part of their subscription a patient may obtain advice from specialist physicians, without any referrals, and it regards both adult and children specialists.

A consultation includes: medical history, physical examination, referral for diagnostic tests, preliminary diagnosis, treatment, recommendations for further specialist treatment.



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With regard to the Optimum package we provide an unlimited access to the following specialists at our centres and at enel-med partner facilities:

- allergologist
- anaesthesiologist
- audiologist
- cardiologist
- dermatologist
- diabetologist
- dietician
- endocrinologist
- ENT specialist
- gastrologist
- general practitioner
- general surgeon
- haematologist
- hepatologist
- internal medicine specialist
- nephrologist
- neurologist
- neurosurgeon
- OB/GYN
- oncological surgeon
- ophthalmologist
- orthopaedist
- paediatrician
- phoniatrist
- plastic surgeon
- proctologist
- psychiatrist – up to 3 visits a year
- psychologist – single visit
- pulmonologist
- rheumatologist
- sports medicine specialist
- urologist
- vascular surgeon

At the enel-med medical centre we employ only physicians who can demonstrate the highest level of competence.

As many as 95% of our personnel can demonstrate the second grade of specialisation, and it guarantees a high level of knowledge and experience. All physicians receive a series of training courses targeted to meet high standards of patient service that are in force at the enel-med medical centre. **A patient is allowed to have a consultation with a professor specialising in one of the fields mentioned above, based on a referral from a physician.**

E-visits

The patients who have got access to the full version of our online system are offered an additional option of getting medical advice from our specialists by communicating with them over an online chat service or by a video call or telephone call.

E-visit gives our patients an option to: **get preventive medical advice and/or tentative diagnosis**; have the **results of tests and/or examinations interpreted**; have their **prescription extended**; get a **referral for laboratory tests**.

An unlimited access (depending on the package) to a specific medical speciality guarantees the equivalent access to e-visits (subject to availability of e-visits as shown in the online system).



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Obstetrics package

At the enel-med medical centre pregnant patients are provided with comprehensive medical care, namely OBSTETRICS PACKAGE.

All tests and consultations at the enel-med medical centre are performed according to the guidelines how to manage normal pregnancy recommended by the **Polish Society of Gynaecology**.

During a preliminary consultation each mother-to-be receives a **PREGNANCY CARD** from her doctor, and it is a guarantee that recommended standards of medical care have been complied with. The card includes information on the course of pregnancy, test results and past consultations. As a result, when a mother-to-be is admitted to hospital she has all data informing of her whole pregnancy.

The package provides access to free consultations, ultrasound examinations and laboratory tests.

Outpatient services

Outpatient services are performed according to medical indications by a physician or a nurse during a consultation or after a consultation, in an outpatient setting.

The Optimum package includes the following scope of outpatient services

Allergology:

- immune therapy – a series of desensitising injections (with a patient's medication)

Surgery:

- abscess incision
- catheter removal
- diagnostic biopsy of skin lesions
- dressing replacement after a surgery
- foreign body removal
- incision of rectal varicose veins
- ingrown nails
- nail removal
- surgical wound debridement
- suture removal after a surgery
- tick removal
- urinary bladder catheterisation
- wound suture

Dermatology:

- diagnostic biopsy
- tick removal

Gynaecology:

- cervical cytology sample collection
- erosion cryotherapy
- gynaecological electrocoagulation

Otolaryngology:

- abscess incision
- ear washing



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- inflation and catheterisation of the Eustachian tubes
- paracentesis (puncture of the tympanic membrane)
- placement of the anterior nasal tamponade
- removal of a foreign body from the ear

Ophthalmology:

- contact lens selection
- medication administration into the conjunctival sac

- removal of a foreign body from the nose
- removal of a foreign body from the throat
- removal of the anterior nasal tamponade

- removal of a foreign body from the cornea
- subconjunctival injection
- test of spatial vision

Orthopaedics:

- dressings
- hip joint injection
- immobilising band (plastic cast)
- immobilising band (surgical plaster cast)
- ingrown nails
- intra-articular drug injection (Diprophos/Depo-medrol)

- placement of immobilisation
- puncture
- removal of immobilisation
- reposition of a fracture, dislocation
- suture of a superficial wound of extremities

Rheumatology:

- intra-articular injection without costs of medications

Urology

- catheter removal
- urinary bladder catheterisation

Treatment room:

- blood pressure measurement
- dressings
- height and weight measurement
- inhalations
- injections (intramuscular, intravenous, subcutaneous, intradermal)
- intravenous drip infusion
- suture removal
- vaccine administration

Using the following materials or medical supplies during procedures mentioned above is free of charge: bandages, dressings, PVC (peripheral venous catheter), syringes, cotton pads, adhesives, needles, surgical sutures. In case other materials or medical supplies are used their costs are borne by a patient.



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Individual preventive medicine

As a strong supporter of preventive medicine, enel-med recommends to perform regular preventive assessments of the health status in order to prevent diseases or alleviate consequences of diseases.

As part of individual preventive medicine tailored to one's health status and family background physicians refer patients for tests that are adjusted to their needs and age. Tests included in the scope of services provided by the patient's package are free of charge.

As part of the Optimum package a patient is allowed to perform the following laboratory tests at enel-med centres, once a year, and without a medical referral:

- complete blood count with automated smear
- fasting glucose
- general urine analysis
- total cholesterol

Comprehensive laboratory tests

As part of the subscription package more than 300 laboratory tests can be performed with a medical referral, and it enables expanded diagnostics of the patient's health status. **Referrals from external specialists are also accepted at our centres as it is more convenient to our patients.** There is **no limit to the number of laboratory tests carried out.**

Haematology and coagulation parameters:

- Antithrombin III – quantitative
- Blood platelets
- Calculation of the reticulocyte count
- Complete blood count with automated smear
- D-Dimers
- Erythrocyte sedimentation rate
- Fibrinogen
- Kaolin-cephalin time (APTT)
- Manual blood smear
- Prothrombin time (PT) / Quick index, INR

Analytics:

- Addis count in 24h urine collection
- Bence-Jones protein
- Faecal occult blood test (immunochemical method)
- Glucose in 24h urine collection
- Protein in 24h urine collection
- Serum osmolality
- Stool – examination for *Helicobacter pylori*,
- Stool – faecal lamblia using the ELISA (enzymatic) method
- Stool – general analysis
- Stool examination for parasites (first analysis)
- Stool examination for parasites (second analysis)
- Stool examination for parasites (third analysis)
- Urinary calculi – composition analysis
- Urine – general analysis
- Urine ALA concentration (delta-aminolevulinic acid) levels
- Urine glucose
- Urine osmolality



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- Urine protein

Biochemistry:

- 5-hydroxyindoleacetic acid (5-HIAA) in 24h urine collection
- Alanine aminotransferase (ALT)
- Alkaline phosphatase – bone fraction
- Alkaline phosphatase (ALP)
- Alpha-1-acid glycoprotein (Orosomucoid)
- Alpha-1-antitripsin
- Apolipoprotein A1 (APO A1)
- Apolipoprotein B (APO B)
- ASO (quantitative test)
- Aspartate aminotransferase (AST)
- Bile acids
- Blood lead
- Caeruloplasmin
- Carbamazepine Creatine kinase (CK)
- Chlorides in 24h urine collection
- Cholinesterase
- Coproporphyrins in 24h urine collection
- C-reactive protein (CRP) – quantitative
- Creatine kinase – cardiac isoenzyme (CK-MB) activity
- Creatinine in 24h urine collection
- Direct serum bilirubin
- Erythropoietin
- Fructosamine
- Gamma-glutamyl transpeptidase (GGTP)
- Glucose
- Glucose (after 1h following 50g of glucose)
- Glucose (after 1h following 75g of glucose)
- Glucose (after 1h following meal)
- Glucose (after 2h following 50g of glucose)
- Glucose (after 2h following 75g of glucose)
- Glucose (after 2h following meal)
- Indirect serum bilirubin
- Inorganic phosphorus in 24h urine collection
- Ionised calcium,
- Lactate dehydrogenase (LDH)
- Lipase
- Lipid parameters (CHOL, HDL, TG, LDL – calc.)
- Lithium
- Magnesium in 24h urine collection
- Myoglobin
- Potassium in 24h urine collection
- Prostatic acid phosphatase (PAP)
- Rheumatoid factor (RF) – quantitative
- Serum albumin
- Serum amylase
- Serum chlorides
- Serum copper
- Serum creatinine
- Serum HDL cholesterol
- Serum inorganic phosphorus
- Serum iron
- Serum iron (after 1h)
- Serum iron (after 2h)
- Serum iron (after 3h)
- Serum iron (after 4h)
- Serum iron (after 5h)
- Serum iron (after 6h)
- Serum magnesium
- Serum potassium
- Serum protein electrophoresis (protein parameters)
- Serum sodium
- Serum urea
- Serum uric acid
- Serum zinc
- Sodium in 24h urine collection
- Total acid phosphatase (ACP)
- Total calcium in 24h urine collection
- Total cholesterol,



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- Total iron-binding capacity (TIBC)
- Total protein
- Total serum bilirubin
- Total serum calcium
- Triglycerides
- Troponin I
- Troponin T
- Urea in 24h urine collection
- Uric acid in 24h urine collection
- Uric acid in urine
- Urine amylase
- Urine calcium

- Urine creatinine
- Urine inorganic phosphate
- Urine magnesium
- Urine mercury
- Urine potassium
- Urine urea
- Valproic acid
- Vanillylmandelic acid (VMA) in 24h urine collection
- Waaler-Rose reaction
- Zinc protoporphyrin

Serology:

- Blood type + Rh
- Direct Antiglobulin Test (DAT)
- Identification of immune antibodies / confirmation at RCKiK
- Immune alloantibodies
- Mononucleosis (latex test)
- Serologic test for syphilis – confirmation – FTA
- Serologic test for syphilis RPR / (VDRL)

Diagnostics of thyroid disorders:

- 3rd generation thyrotropin (TSH)
- Anti-thyroglobulin antibodies (ATG)
- Anti-thyroid peroxidase antibodies (ATPO)
- Anti-TSH receptor antibodies – TRAB
- Free thyroxine (FT4)
- Free triiodothyronine (FT3)
- Thyroglobulin
- Total thyroxine (T4)
- Total triiodothyronine (T3)

Sex and metabolic hormones:

- 17-OH progesterone
- Afternoon cortisol
- Aldosterone (serum)
- Androstendione
- B-HCG Chorionic gonadotropin
- Cortisol following dexamethasone
- Cortisol in 24h urine collection
- Dehydroepiandrosterone (DHEA)
- Dehydroepiandrosterone sulphate (DHEA-S)
- Follicle stimulating hormone (FSH)
- Free aldosterone in 24h urine collection
- Free oestriol
- Growth hormone (hGH)
- Luteinizing hormone (LH)
- Morning cortisol
- Oestradiol (E2)
- Progesterone
- Prolactin (PRL)
- Prolactin (PRL) (following metoclopramide after 1h)
- Prolactin (PRL) (following metoclopramide after 2h)
- Sex hormone-binding globulin (SHBG)



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- Testosterone
- Total serum chorionic gonadotropin

Diagnostics of diabetes:

- 17-hydroxysteroids in 24h urine collection
- 17-ketosteroids in 24h urine collection
- Anti-GAD antibodies (anti-glutamate dehydrogenase antibodies)
- C-peptide
- Transferrin
- Glycated haemoglobin (HbA1c)
- Insulin
- Insulin (after 1h following 75g of glucose)
- Insulin (after 2h following 75g of glucose)
- Total Vitamin 25(OH)D

Cancer markers:

- Alpha-fetoprotein (AFP)
- CA 125, CA 15-3, CA 19-9,
- Carcinoembryonic antigen (CEA)
- Free PSA
- Tissue polypeptide-specific antigen (TPS)
- Total PSA

Diagnostics of anaemia:

- B12 vitamin,
- Ferritin
- Folic acid

Cytology examinations:

- Cytological examination of a cervical smear
- Cytology examination of body fluids
- Exfoliative cytology of the nasal mucosa
- Urinary cytology

Diagnostics of osteoporosis:

- C-telopeptide of type I collagen – ICTP
- Osteocalcin
- Urine D-Pyrilinks

Diagnostics of infections:

- Anti-Borrelia IgG antibodies
- Anti-Borrelia IgM antibodies
- Anti-Toxocara canis antibodies
- Brucella agglutination test by Wright
- Brucella Complement Fixation Test (CFT)
- Chlamydia pneumoniae IgG antibodies
- Chlamydia pneumoniae IgM (Immunofluorescen.)
- Chlamydia trachomatis IgG antibodies
- Chlamydia trachomatis IgM antibodies
- CMV IgG avidity
- Cytomegaly – IgG (CMV IgG)
- Cytomegaly – IgM (CMV IgM)
- EBV VCA IgG (mononucleosis IgG)
- EBV VCA IgM (mononucleosis IgM)
- HAV – anti-HAV IgM antibodies
- HAV – total anti-HAV antibodies
- HBV – anti-HBc IgM antibodies
- HBV – anti-HBe antibodies



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- HBV – anti-HBs antibodies
- HBV – HBe antigen
- HBV – HBs antigen
- HBV – total anti-HBc antibodies
- HCV – anti-HCV antibodies
- Helicobacter pylori IgG
- HIV – anti-HIV1/HIV2 antibodies (HIV Ag/Ab Combo)
- Listeriosis
- Mumps IgG antibodies
- Mumps IgM antibodies
- Mycoplasma pneumoniae IgG antibodies
- Mycoplasma pneumoniae IgM antibodies
- Pertussis IgA Bordetella pertussis
- Pertussis IgG Bordetella pertussis
- Pertussis IgM Bordetella pertussis
- Rubella IgG antibodies
- Rubella IgM antibodies
- Toxo IgA antibodies
- Toxo IgG antibodies
- Toxo IgG antibodies, avidity
- Toxo IgM antibodies

Other hormones:

- ACTH – adrenocorticotrophic hormone
- Calcitonin
- Gastrin
- Homocystein
- Leptin
- Metoxycatecholamines in 24h urine collection
- Parathyroid hormone

Bacteriology:

- Acne lesion, aerobes and anaerobes
- Anal smear – aerobic culture test + fungi
- Anus – culture test for (yeast-like) fungi
- Anus – culture test for neisseria gonorrhoeae
- Blood – aerobic culture test
- Body fluids – aerobic + anaerobic culture test
- Body fluids – culture test for (yeast-like) fungi
- Cervix – culture test for (yeast-like) fungi
- Cervix – culture test for Mycoplasma, Ureaplasma
- Cervix – culture test for neisseria gonorrhoeae
- Chlamydia pneumoniae antigen – throat swab
- Chlamydia trachomatis antigen – from cervical smear
- Chlamydia trachomatis antigen – from left eye smear
- Chlamydia trachomatis antigen – from pharyngeal smear
- Chlamydia trachomatis antigen – from right eye smear
- Chlamydia trachomatis antigen – from urethral smear
- Palmar epidermis (mycological examination)
- Plantar epidermis (mycological examination)
- Material from nail folds for yeast-like fungi (mycological examination)
- Fingernails (mycological examination)
- Toenails (mycological examination)
- Glabrous skin (mycological examination)
- Hairy skin of the head (mycological examination)
- Hair (mycological examination)



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- Other scraping material (mycological examination)
- Ear scrapings (mycological examination)
- Culture from the urogenital tract (cervix) aerobes + fungi
- Culture from the urogenital tract (cervix) anaerobes
- Culture from the urogenital tract (from below the prepuce) aerobes + fungi
- Culture from the urogenital tract (from below the prepuce) anaerobes
- Culture from the urogenital tract (urethra) aerobes + fungi
- Culture from the urogenital tract (urethra) anaerobes
- Culture from the urogenital tract (vagina) aerobes + fungi
- Culture from the urogenital tract (vagina) anaerobes
- Ear – anaerobic culture test Left middle ear – aerobic + anaerobic smear culture + fungi
- Ear – culture test for (yeast-like) fungi
- Eye – culture test for (yeast-like) fungi
- Eye – smear culture, aerobes
- Eye – smear culture, anaerobes
- Faeces – carrier state test (first analysis)
- Faeces – carrier state test (second analysis)
- Faeces – carrier state test (third analysis)
- Faeces – culture test for (yeast-like) fungi
- Faeces – Rota – Adenoviruses
- Left ear (external auditory canal) – aerobic smear culture + fungi
- Lower respiratory tract (sputum) – aerobes
- Oral cavity – culture test for (yeast-like) fungi
- Oral cavity – smear culture – aerobes + fungi
- Pus – aerobic and anaerobic culture
- Right ear (external auditory canal) – aerobic smear culture + fungi
- Right middle ear – aerobic + anaerobic smear culture + fungi
- Nose – aerobic culture test
- Nose – culture for *S. aureus*
- Salmonella Shigella – faecal culture test
- Skin – aerobic smear culture test
- Skin – anaerobic smear culture test
- Skin lesions – aerobic culture test
- Skin lesions – anaerobic culture test
- Sperm – aerobic culture test
- Sputum – culture test for (yeast-like) fungi
- TBC sputum (preparation + culture)
- Streptococcus agalactiae – culture test from the anus
- Streptococcus agalactiae – culture test from the vagina
- Streptococcus agalactiae – culture test from the vagina and the anus
- Synovial fluid – aerobic + anaerobic culture test
- Synovial fluid – culture test for (yeast-like) fungi
- Test for *Trichomonas vaginalis* (urethra)
- Test for *Trichomonas vaginalis* (vagina)
- Throat – culture test for (yeast-like) fungi
- Throat – extended culture test of the upper respiratory tract
- Throat – smear test for *S. pyogenes* and *Strep. gr. C and G*,
- Tissues / secretions / biopsy specimens – aerobic and anaerobic culture
- Tonsils – extended culture test of the



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upper respiratory tract

- Tonsils – smear test for *S. pyogenes* and Strep. gr. C and G,
- Urethra – culture test for (yeast-like) fungi
- Urethra – culture test for *Mycoplasma*, *Ureaplasma*
- Urethra – culture test for *Neisseria gonorrhoeae*

- Urine – culture test General faeces – aerobic culture test + fungi
- Vagina – culture test for (yeast-like) fungi
- Vaginal biocenosis – purity, specimen
- Wound – aerobic and anaerobic smear culture
- *Yersinia* – faecal culture test

Allergens:

- Total serum immunoglobulin IgE

Immunology + autoimmunology:

- Anti-cardiolipin IgG antibodies
- Anti-cardiolipin IgM antibodies
- Anti-cyclic citrullinated peptide antibodies (aCCP)
- Anti-endomysium IgA antibodies
- Anti-endomysium IgG antibodies
- Anti-gliadin IgA antibodies
- Anti-gliadin IgG antibodies
- Anti-keratin antibodies (AKA)
- Antimitochondrial antibodies (AMA)
- Antinuclear antibodies (ANA2) ANA2 complex test (antinuclear antibodies ANA + ANABLOT titer)
- Antiphosphatidylserine IgG antibodies
- Antiphosphatidylserine IgM antibodies
- Anti-smooth muscle antibodies (ASMA)
- Antisperm antibodies
- Anti-tissue transglutaminase antibodies IgA
- Anti-tissue transglutaminase antibodies IgG
- Anti-Yersinia IgA antibodies
- Anti-Yersinia IgG antibodies
- Anti-Yersinia IgM antibodies
- Complement C1 esterase inhibitor
- Complement component C3
- Complement component C4
- ENA test – 6 profile
- Insulin-like growth factor 1 (IGF-1; Somatomedin C)
- LKM test (autoimmune hepatitis – AIH)
- Microalbuminuria in 24h urine collection
- PANCA antibodies (MPO)
- Rheumatoid factor RF IgM
- Serum immunoglobulin IgA
- Serum immunoglobulin IgG
- Serum immunoglobulin IgM



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Comprehensive diagnostic tests

Imaging diagnostic tests are one of the most important fields of contemporary medicine – thanks to specialist diagnostic equipment it is possible to detect early and to treat many diseases.

A patient covered by medical care according to an appropriate package is allowed to have an examination performed with a medical referral. **Referrals from external specialists are also accepted at our centres as it is more convenient to our patients.**

As part of the Optimum package the following diagnostic tests are available:

- Audiogram
- Computer-assisted contactless intraocular pressure measurement
- Daily curve of intraocular pressure
- Dermatoscopy
- Echocardiography
- EEG
- ENG
- Examination with autorefractometer
- Fine-needle biopsy of a lymph node
- Fine-needle biopsy of a nodule
- Fine-needle biopsy of a superficial lesion
- Fine-needle biopsy of the breasts
- Fine-needle biopsy of the salivary glands
- Fine-needle biopsy of the thyroid
- Fundoscopy
- Gonioscopy
- Holter – blood pressure monitoring
- Holter ECG
- Mycological examination
- Resting ECG with description
- Spirometry
- Spirometry with reversibility testing
- Test of spatial vision

Standard ultrasound:

- Ultrasound of the abdominal cavity
- Ultrasound of the abdominal cavity and urinary tract
- Ultrasound of the testicles
- Ultrasound of the chest/pleural cavities
- Ultrasound of the pelvis minor
- Ultrasound: supervised puncture
- Ultrasound of the reproductive organs
- Transvaginal ultrasound of the reproductive organs
- Extended foetal ultrasound (from the 11th week – 2D option) – multiple pregnancy
- TA/TV foetal ultrasound up to and inclusive of the 10th week of pregnancy (unifoetal pregnancy, multiple pregnancy – 2D option)
- Extended foetal ultrasound (from the 11th week – 2D option) – unifoetal pregnancy
- Transabdominal ultrasound of the prostate
- Transfontanelle ultrasound of the brain
- Ultrasound of the hands and wrists
- Ultrasound of the hips
- Ultrasound of the shoulder
- Ultrasound of the hip
- Ultrasound of the knee
- Ultrasound of the elbow
- Ultrasound of the tarsal joint
- Ultrasound of the joint, all
- Ultrasound of the Achilles tendon
- Ultrasound of the salivary glands
- Ultrasound of the thyroid



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- Ultrasound of the muscles and soft tissues of a specific area
- Ultrasound of the soft tissues of a specific area
- Transrectal ultrasound

- Ultrasound of a group of lymph nodes
- Ultrasound of the urinary tract
- Ultrasound of the breasts

Doppler ultrasound:

- Doppler ultrasound of the abdominal cavity – aorta and its branches
- Doppler ultrasound of the arteries and veins of the lower/upper extremity
- Doppler ultrasound of the arteries in the upper/lower extremity
- Doppler ultrasound of the carotid arteries and veins

- Doppler ultrasound of the hepatic blood vessels
- Doppler ultrasound of the renal arteries
- Doppler ultrasound of the subclavicular arteries and veins

Bone X-ray:

- Plain X-ray of the abdominal cavity (1 view)
- Skull X-ray (1 view)
- Skull X-ray, AP + lateral
- Target X-ray of an individual vertebra
- Target X-ray of the orbital cavity
- Target X-ray of the sella turcica
- Tunnel X-ray of the knee joints
- Tunnel X-ray of the knee joints (comparative)
- X-ray of a hand finger, AP + lateral
- X-ray of a toe, AP + lateral
- X-ray of the abdominal cavity targeted at the diaphragm (1 view)
- X-ray of the C1–C2 vertebrae (targeted at the odontoid process)
- X-ray of the calcaneal bone (1 view)
- X-ray of the calcaneal bones, axial + lateral
- X-ray of the calcaneal bones, axial + lateral (comparative)
- X-ray of the cervical spine – functional (2 views)
- X-ray of the cervical spine – lateral (1 view)

- X-ray of the cervical spine – oblique (2 views)
- X-ray of the cervical spine, AP + lateral
- X-ray of the chest – lateral
- X-ray of the chest targeted at lung apices
- X-ray of the chest, AP/PA
- X-ray of the chest, AP/PA + lateral
- X-ray of the chest, AP/PA + lateral with contrast agent
- X-ray of the chest with an assessment of the trachea
- X-ray of the clavicle, AP
- X-ray of the clavicles, comparative
- X-ray of the coccyx, AP + lateral
- X-ray of the coccyx, lateral/AP (1 view)
- X-ray of the ears according to Schiller (comparative)
- X-ray of the elbow, AP + lateral
- X-ray of the elbows, AP + lateral, comparative
- X-ray of the facial skeleton
- X-ray of the feet, AP + lateral (comparative)
- X-ray of the feet, AP/lateral (comparative)
- X-ray of the femur, AP + lateral



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- X-ray of the foot – oblique/lateral (1 view)
- X-ray of the foot, AP + lateral
- X-ray of the forearm, AP + lateral
- X-ray of the hand – lateral/AP/oblique (1 view)
- X-ray of the hand, AP + oblique
- X-ray of the hands, AP (comparative)
- X-ray of the hands, AP + oblique (comparative)
- X-ray of the humerus, AP + lateral
- X-ray of the iliac joint, AP
- X-ray of the iliac joint, AP + axial
- X-ray of the iliac joint, axial
- X-ray of the iliac joints, AP (comparative)
- X-ray of the iliac joints, AP + axial (comparative)
- X-ray of the knee joint, AP + lateral
- X-ray of the knee joints, AP + lateral (comparative)
- X-ray of the knee joints, AP + lateral (in a standing position)
- X-ray of the knee joints, AP/lateral (1 view)
- X-ray of the larynx
- X-ray of the lower leg, AP + lateral
- X-ray of the lumbar spine targeted at L5–S1
- X-ray of the lumbar spine, AP + lateral
- X-ray of the lumbar spine, functional (2 views)
- X-ray of the lumbar spine, oblique (2 views)
- X-ray of the mandible (1 view)
- X-ray of the mandible, PA + oblique
- X-ray of the nasal bones
- X-ray of the nasopharynx
- X-ray of the occiput according to Town (according to Orley)
- X-ray of the optic nerve
- X-ray of the orbital cavities – 2 views
- X-ray of the orbital cavities, comparative (1 view)
- X-ray of the paranasal sinuses
- X-ray of the patella 3 angles (3 views)
- X-ray of the patella 3 comparative angles (3 views)
- X-ray of the patella according to Merchant
- X-ray of the patella L + R axial (comparative)
- X-ray of the patella, AP/PA
- X-ray of the patella, axial
- X-ray of the patella, lateral
- X-ray of the patella, lateral
- X-ray of the pelvic bones
- X-ray of the ribs – oblique
- X-ray of the ribs, AP/PA (1 view)
- X-ray of the ribs, L + P (2 views)
- X-ray of the sacral bone, AP + lateral
- X-ray of the sacroiliac joints, oblique (2 views)
- X-ray of the sacroiliac joints, PA
- X-ray of the scapula, AP
- X-ray of the scapula, AP + axial
- X-ray of the scapula, axial
- X-ray of the shoulder, AP
- X-ray of the shoulder, AP + axial
- X-ray of the shoulder, axial
- X-ray of the shoulder, transthoracic
- X-ray of the shoulders (comparative)
- X-ray of the shoulders, AP + axial (comparative)
- X-ray of the sternoclavicular joints (1 view)
- X-ray of the sternum – lateral
- X-ray of the sternum, lateral + oblique
- X-ray of the tarsal joint (targeted at the syndesmosis)
- X-ray of the tarsal joint, AP + lateral
- X-ray of the tarsal joint, AP + lateral, comparative
- X-ray of the temporomandibular joints



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- X-ray of functional temporomandibular joints
- X-ray of the thoracic and lumbar spine in a standing position, AP (scoliosis)
- X-ray of the thoracic and lumbar spine in a standing position, AP + lateral (scoliosis)
- X-ray of the thoracic spine, AP + lateral
- X-ray of the whole lower extremities
- X-ray of the whole spine in a standing position (scoliosis) AP
- X-ray of the whole spine in a standing position (scoliosis) AP + lateral
- X-ray of the wrist – oblique (2 views)
- X-ray of the wrist, 4 views
- X-ray of the wrist, AP + lateral
- X-ray of the wrists, AP (comparative)
- X-ray of the wrists, AP + lateral (comparative)

Magnetic resonance imaging, standard

- MR angiography of another anatomic area
- MR angiography of the head
- MR cholangiography (MRCP)
- MRI of a joint (knee, shoulder, hip)
- MRI of a small joint (tarsal, elbow, temporomandibular, wrist, hand, foot)
- MRI of small bones (hand, foot)
- MRI of the abdominal cavity
- MRI of the bones (forearm, upper arm, thigh, lower leg)
- MRI of the cranial base, with perfusion (PWI)
- MRI of the facial skeleton
- MRI of the head
- MRI of the head, with diffusion (DWI)
- MRI of the mediastinum
- MRI of the neck
- MRI of the orbital cavities
- MRI of the pelvis minor
- MRI of the pituitary
- MRI of the prostate
- MRI of the sinuses
- MRI of the soft tissues of a specific area
- MRI of the spine

Scintigraphy:

- dynamic scintigraphy of the kidneys
- gallium 67 scintigraphy
- iodine scintigraphy of the whole body
- miction scintigraphy of the kidneys
- perfusion scintigraphy of the heart at rest and after physical effort
- scintigraphy of somatostatin receptors
- scintigraphy of the brain
- scintigraphy of the gastrointestinal tract
- scintigraphy of the lymphatic system
- scintigraphy of the parathyroid glands
- scintigraphy of the salivary glands
- scintigraphy of the thyroid
- scintigraphy of the whole body (MIBI)
- static bone scintigraphy
- static scintigraphy of the kidneys
- static scintigraphy of the liver
- three-phase bone scintigraphy

Computed tomography (CT) standard:

- CT 3D reconstruction
- CT of a bone (arm, forearm, hand, femur, lower leg, foot)



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- CT of a joint (shoulder, elbow, knee, tarsal, hip, wrist)
- CT of the abdominal cavity (liver, kidneys, spleen, pancreas, adrenal glands, urinary system, prostate)
- CT of the chest
- CT of the facial skeleton
- CT of the head
- CT of the larynx, nasopharynx
- CT of the neck
- CT of the orbital cavities
- CT of the pelvis minor
- CT of the sinuses
- CT of the spine
- CT of the temporal bone (ears)

A medical subscription also includes anaesthetic agents, contrast media and examination recording on digital media – depending on medical equipment used.

Protective vaccinations

As part of prevention against infectious diseases we administer vaccines against:

- influenza
- tetanus and diphtheria

The costs of vaccines and their administration are included in the package price. Vaccines can be administered at the company's premises for groups larger than 15 people.

House calls

House calls by an internal medicine specialist, paediatrician or GP are performed for medical reasons and provide medical care at the place of an incident for adults or children. House calls are available in the area of 30 km from the centre of Warsaw and 25 km from the centre of Gdańsk, Gdynia, Łódź, Kraków, Katowice, Poznań and Wrocław.

In other cities in Poland house calls are made within administrative boundaries of a city where a patient has been registered for regular medical care. The mode of arranging and conducting visits complies with the guidelines on services available at local medical centres.

Dental prevention

Enel-med medical centre has more than 50 dental offices, employs more than 100 dental surgeons and more than 100 persons from the non-physician medical personnel (dental hygienists and assistants). Enel-Med is a leader in dentistry in Poland. Our employees and experience make us stand out and it can be supported by figures – more than 8,000 implanted implants, 20,000 placed crowns, more than 60,000 fillings annually and more than 125,000 procedures in the field of dental prevention.

Additionally, enel-med cooperates with a network of the best dental centres and dental practices in Poland in order to provide its patients with the highest possible availability and quality of services.



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Our dental clinics are equipped with ultrasound devices to remove dental deposits and tartar, and to provide services of tooth sandblasting, lacquering and fluoride varnishing. Additionally, at any time our personnel will provide you with advice on how to select appropriate hygienic products for the oral cavity and how to use them.

Dental prevention covered by the Optimum package includes the following procedures:

- Routine check-up – adults every 6 months
- Routine check-up – children every 6 months
- Complete plain panoramic radiograph
- Panoramic radiograph, left
- Panoramic radiograph, right
- Scaling – removal of dental deposits
- Manual tooth cleaning in children
- Dental hygiene briefing

Dental emergency care

In case of sudden pain or teeth injuries patients can obtain urgent dental care.

Services of a dental surgeon include the following procedures:

- Panoramic radiograph, left – as urgent
- Panoramic radiograph, right – as urgent
- Local X-ray – periapical – as urgent
- Infiltration anaesthesia – as urgent
- Interligamentary anaesthesia – as urgent
- Intraoral block anaesthesia – as urgent
- Tooth trepanation – as urgent
- Pulp devitalisation – as urgent
- Vital pulp extirpation / amputation – 1 canal – as urgent
- Medical dressing – as urgent
- Surgical dressing – as urgent
- Bleeding arrest – as urgent
- Removal of a single-rooted tooth with anaesthesia – as urgent
- Removal of a multi-rooted tooth with anaesthesia – as urgent
- Removal of a deciduous tooth with a resorbed root with anaesthesia – as urgent
- Removal of a deciduous tooth with an unresorbed root with anaesthesia – as urgent
- Surgical management of a small wound – as urgent
- Surgical management of a small wound with suturing – as urgent
- Surgical management of a small wound with debridement and suturing – as urgent
- Surgical management of a large wound with suturing – as urgent
- Removal of a tooth fragment (with anaesthesia) – as urgent



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- Removal of a root with surgical extraction – as urgent
- Incision of a submucous abscess – as urgent
- Incision of a subperiosteal, subdermal abscess – as urgent
- Washing of an abscess – as urgent
- Washing a dry socket and medicine application – as urgent

Rehabilitation

At the enel-med medical centre we specialise in the treatment of spinal conditions affecting the lumbar and cervical spine, overload syndromes and pain syndromes.

We provide consultations and physical therapy sessions regarding injuries to the nervous system in high-risk children. Additionally, we provide therapy for postural defects in children and adolescents.

Therapeutic massage sessions are provided in a separate and quiet room. A locker room and shower are available to our patients at the Rehabilitation Department. Additionally, our centres are located in shopping malls, therefore it is easy to find a parking space.

Moreover, rehabilitation services are offered at the best rehabilitation centres in the whole country, what is a guarantee of high quality of service.

The scope of rehabilitation covers the following procedures:

PHYSIOTHERAPY – a set of methods using various sources of energy.

- diadynamic current therapy
- electrostimulation
- galvanisation therapy
- interference currents
- ionophoresis
- Kotz currents
- laser therapy
- local cryotherapy
- low-frequency magnetic field
- phonophoresis (ultrasound therapy with a medication)
- TENS currents
- Trabert currents
- ultrasound therapy

KINESIOTHERAPY – therapy with movement

- active exercises with resistance
- active non-weight bearing exercises
- active non-weight bearing exercises with resistance



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- active-passive exercises
- exercises with tools
- free active exercises
- functional training exercises:
- individual kinesiotherapy for adults
- individual kinesiotherapy for children (postural defects)
- individual kinesiotherapy with the PNF method
- instructions how to perform exercises at home
- isometric exercises
- low back pain approach
- manual therapy (Mc Kenzie, Kaltenborn-Evjent, Muligan, Majtland, Cyriax, osteopathy, soft tissue therapy, neuromobilisation)
- neurological kinesiotherapy for children, NDT Bobath method
- passive exercises
- proprioception exercises
- self-assisted exercises
- stretching exercises

Consultations with a specialist in rehabilitation

- Rehabilitation sessions are performed based on a referral from a physician. Rehabilitation includes a cycle of up to 10 physical therapy sessions within 12 subsequent months since the onset of rehabilitation.
- Each session may include up to three rehabilitation procedures with the total length up to 60 minutes.

Discounts for other services provided at enel-med centres

As a result of subscribing for the Optimum package the employee receives an access to a discount programme regarding medical services that are not included in their package.

- **15%** discount on other laboratory tests
- **15%** discount on the “24h for your health” programme
- **15%** discount on other dental healthcare prevention measures
- **15%** discount on conservative dentistry, dental fillings
- **10%** on other specialist consultations, services in rehabilitation, operations, diagnostic tests and others not included in packages.

The discounts do not cover the costs of genetic examinations, implants, medicines and materials used for surgeries and procedures.

The discounts are applied for the services as per the scope offered in enel-med centres applicable on the contract date.

