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Healf Care Programme.

« List №1 »

(POLYCLINIC, STOMATOLOGY,
HOME-CARE SERVICES,
EMERGENCY MEDICAL CARE)

Benefits:

- The contract includes a very wide range of medical care: outpatient, dental, emergency and home care.
- **ATTENTION!** The program includes **medical check-ups** with medical consultations with a therapist, surgeon, ophthalmologist, neurologist, endocrinologist, gynecologist (for women), urologist (for men) and the following analyses: ECG, low-dose lung CT, complete blood count and blood chemistry, urinalysis, mammography (for women over 35 years), PSA (for men over 35 years).
- The proposed program is characterized by the absence of restrictions on the number of doctor appointments and a wide range of laboratory and instrumental methods of examination.
- Appointment scheduling by phone, website and mobile application, remote access to medical records, examination and treatment results, availability of teleconsultations, highest international quality standards of medical care and service allow us to make health care in the Medicina Clinic convenient and effective.
- Patients with a one-year membership program or any service packages purchased in the clinic, receive a free single discount card of Medicina JSC with a discount of 10% on medical outpatient care (excluding the cost of precious metals used for dental prosthetics) and 10% on inpatient treatment (excluding the cost of drugs and consumables used for inpatient treatment). Patients under direct contract for one-year outpatient medical care, including emergency and home care, have a 20% discount on inpatient care.

**LIST OF MEDICAL SERVICES PROVIDED BY
MEDICINA JSC FOR OUTPATIENT AND INPATIENT CARE TO PATIENTS
WITH A ONE-YEAR MEMBERSHIP PROGRAM**

All services included in the List are provided for medical reasons as prescribed by the attending physician. Laboratory and diagnostic tests are provided in case an effective referral from an attending physician is available.

1. Outpatient care**Medical supervision:**

At the conclusion of the contract, you will be assigned a supervising doctor (a general practitioner or a family physician), who will carry out the examination and follow you up throughout the entire membership period.

Under the proposed program you have access to primary, repeated and advisory visits to specialists in the following fields: obstetrics and gynecology, allergology and immunology, gastroenterology, dermatovenerology, infectious diseases, cardiology, clinical mycology, coloproctology, therapeutic exercise and sports medicine, manual therapy, neurology, nephrology, otorhinolaryngology, ophthalmology, parasitology, pulmonology, rheumatology, reflexology, cardiovascular surgery, therapy, traumatology and orthopedics, transfusiology, urology, physiotherapy, functional diagnostics, surgery, endocrinology; one visit to a nutritionist and one visit to a psychotherapist. Examination of temporary disability is available with issuance of temporary disability leave, medical certificates, prescriptions, medical conclusions.

2. Outpatient medical procedures:

- In case there are indications for medical procedures, they are carried out by medical specialists and mid-level medical staff, with restriction on number of certain procedures.

3. Diagnostic laboratory and instrumental examinations:

Laboratory:

- complete blood count;
- blood chemistry, including hormone panel (except sex hormones and their metabolites), coagulation tests in the scope of coagulation profile;
- immunoassay, including for allergy diagnosis, in the scope of immunoglobulin E;
- chemical and microscopic studies;
- microbiological examination, including bacteriological, immunoserological, PCR test (5 times within insurance policy period, no more than 5 pathogens at once);
- tumor markers in the scope of PSA, CA 125, free PSA and CA 15-3;
- mycological;
- cytological;
- histological except for IHC, determination of tissue receptors, oncogenetics;
- coagulation tests in the scope of coagulation profile: Prothrombin indices, fibrinogen, APTT, TT, ATIII;
- «chemical and microscopic studies» – «except: chemical composition of kidney stones; sperm quality determination».

* Examinations indicated in connection with paid services are paid in cash.

Instrumental:

- X-ray;
- endoscopic;
- ultrasonic;
- functional diagnostics.

4. Physiotherapy and rehabilitation treatment:

- Physiotherapy (laser, electro-, light and thermotherapy, ultrasound therapy, ultraviolet light therapy, magnetotherapy, inhalation) - for medical reasons;
- Exercise therapy — 20 classes under a one-year insurance contract;
- Classic massage therapy - 20 conventional units under a one-year insurance contract;
- Manual therapy — once a year to relieve pain syndrome.

5. Dentistry

5.1. Visits to specialists in the fields of preventive and restorative dental care, dental surgery, with treatment plan development and panoramic dental X-ray.

5.2. Treatment of dental caries.

5.3. Surgical treatment: dental extraction (simple, complex, incl. with separation of mucoperiosteal flap, curettage of the socket, sutures, etc.), abscess incision and drainage, incisions in pericoronitis, removal of benign neoplasms.

5.4. Local anesthesia.

5.5. Radiovisiography, dental X-rays, panoramic scanning dental X-rays (in periodontal diseases).

5.6. Physiotherapy.

5.7. Coating of teeth with a fluoride-containing medication in hyperaesthesia.

5.8. Therapeutic and surgical treatment of salivary gland disorders.

5.9. Endodontic treatment of complicated caries - pulpitis, exacerbated periodontitis.

5.10. Removal of plaque and calculus from 2 teeth to be treated for caries, pulpitis, periodontitis.

5.11*. Applications of medicines to 2 teeth during exacerbation of periodontitis, gingivitis.

5.12*. Closed curettage in the area of 2 teeth during exacerbation of periodontitis.

5.13*. Drug therapy in the area of 2 teeth during exacerbation of periodontitis.

* it. 5.11-5.13 - only in case of local inflammation, services are provided by a dental therapist.

6. Home care

Medical care by a general practitioner (family medicine) with examination of temporary disability within the Moscow Ring Road and Moscow districts adjacent to the Moscow Ring Road (except for

Zelenograd and new areas which are part of Moscow from July 1, 2012), Home health care is provided to insured people who, for health reasons, the nature of the disease, are unable to visit the medical institution on their own, need bed rest and supervision of a therapist.

7. Emergency care

24-hour provision of emergency medical care within the Moscow Ring Road and Moscow districts adjacent to the Moscow Ring Road (excluding Zelenograd and new territories belonging to Moscow since 01.07.2012). Medical supervision during patient transportation within the Moscow Ring Road, in case of emergency hospitalization.

Emergency medical care is provided in the following conditions threatening the health and life of the insured person:

- departure of ambulance and emergency medical service crew;
- primary examination of the patient;
- diagnostic procedures;
- relief of an emergency condition;
- medical transportation of the insured person.

8. Medical services that are not included in the Program and are not paid for. Medical services carried out without medical indications, not prescribed by a doctor

- Neurologist algologist; audiologist; Memory Office;
- Consultation of anesthesiologist, anesthesia;
- Laboratory hair and nail analysis;
- Determination of prostaglandins;
- Studies of extended allergological and immunological status;

- AST-diagnostics (determination of body composition by impedance method);
- Study of sex hormones and their metabolites;
- Analyses for Omega-3 index, unsaturated fatty acids, organic, fatty acids, trans-fats (including GC-MS method);
- Determination of essential, toxic trace elements, heavy metals in blood/urine (Se, Zn, Co, Mn, Cu, Hg, As, etc.; Hg, Cd, As, Li, Pb, Al, etc.) (including AAS);
- Genetic studies, including DNA diagnostics;
- Diagnosis and treatment of male and female infertility, impotence; family planning issues (including contraception), IUD administration and removal (without medical indications);
- Medical services related to pregnancy, except for emergency care in life-threatening conditions prior to diagnosis of developing pregnancy, termination of pregnancy without medical indications, obstetrics;
- Diagnosis, treatment, procedures, plastic surgery performed for aesthetic or cosmetic purposes or to improve psychological condition of the Insured, including treatment of hair diseases, removal of warts, calluses, warts, papillomas, molluscum contagiosum, nevi;
- Diagnosis and treatment of ronchopathy, sleep apnoea treatment;
- Gender reassignment surgery;
- Vein sclerotherapy;
- Weight correction;
- Diagnostic and therapeutic measures related to contact vision correction (lenses), laser vision correction, device-based methods of treatment in ophthalmology, peripheral laser retinal coagulation (except for cases when retinal rupture, retinal detachment, retinal focal dystrophy are diagnosed);
- Instrumental diagnosis in ophthalmology: HRT (retinal tomography), pachymetry, visiocontrastoperimetry, color fundus retinal photography;
- Transplantology;
- Prostheses and endoprotheses, implants, including artificial lenses, metal structures, osteosynthesis and fixation kits, stabilizing systems, etc., except when it is required in emergency cases within 24 hours after the injury suffered by the insured person;
- pacemakers, stents, cylinders, guide wires, etc. for angioplasty and stenting, except for operations carried out in emergency life-saving cases;

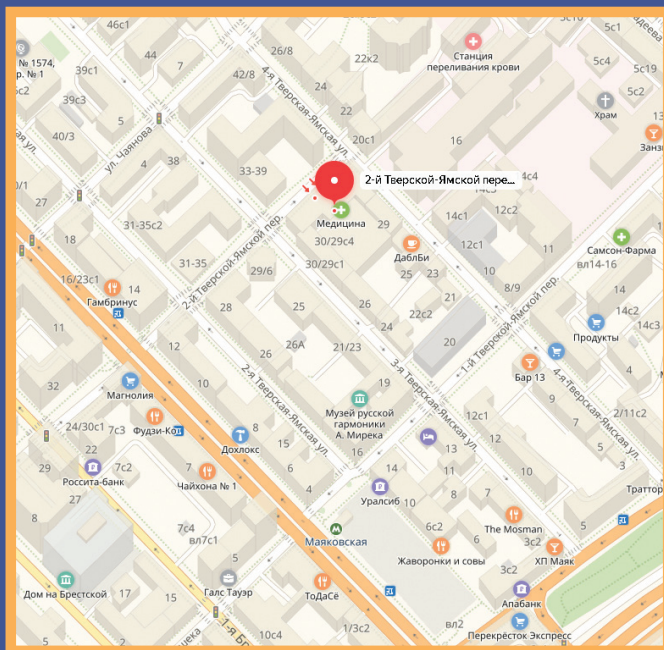
- Extracorporeal treatments (plasmapheresis, hemodialysis, hemosorption, laser blood irradiation, UV blood irradiation, etc.), except when they are carried out in emergency life-saving cases;
- Robotically-assisted surgery;
- Traditional diagnostics: manual, acupuncture, thermopuncture, electropuncture including the one by Voll, pulsology, auricular acupuncture, iridodiagnosis, energy informatics, etc.;
- Traditional therapy: bioresonance therapy, water therapy, homeopathy, phytotherapy, hirudotherapy, apitherapy, other methods of treatment with natural origin, reflexotherapy (except for classical acupuncture), treatment by the method of BFB, by Wood;
- Colonohydrotherapy, barotherapy, hypoxitherapy, shock wave therapy, cryotherapy, cryosauna, capsule Sanspectra;
- Traditional healing systems;
- Treatment of experimental or research nature;
- Robotic rehabilitation treatment of musculoskeletal disorders with Lokomat, Biodex, Con-Trex, TERGUMED Artromot, Theravital, etc.
- Dental care in the scope of:
 - Dental prosthetics and preparation for it (except for the cases provided by the Program), including pulp removal, root canal treatment, dental extraction, other preparatory activities;
 - Replacement of old seals without medical indications;
 - Restoration of the broken tooth crown by more than 50%;
 - Restoration of tooth crown using anchor pins;
 - Dental implantation;
 - Services provided for preventive and cosmetic purposes: sealing of fissures, coating with fluoride-containing agents, use of veneers and laminates, plaque removal, teeth whitening, restoration of dental rows, cosmetic restoration of teeth;
 - Treatment of non-carious dental lesions;
 - Orthodontic treatment;
 - Removal of impacted and dystopian teeth;
 - Splinting of teeth in periodontal diseases;
 - Treatment of periodontal disease, surgical treatment of periodontal diseases, including open curettage.

List
**of nosologies being a contraindication for the conclusion of the contract for
medical care and a ground for contract termination**

1. Venereal diseases (syphilis, chancroid, gonorrhoea).
2. HIV-infection.
3. Stage 3 renal insufficiency
4. Hepatic insufficiency.
5. Serious genetic disorders. Serious congenital anomalies and birth defects.
6. Oncological diseases detected before the patient was admitted to medical care.
7. Malignant neoplasm of lymphatic, blood and other systems.
8. Occupational diseases.
9. Tuberculosis, sarcoidosis, cystic fibrosis.
10. Acute chronic radiation poisoning.
11. Mental illness, as well as somatic diseases arising in connection with diseases of a mental nature.
12. Epilepsy, demyelinating diseases of the nervous system.
13. Alcoholism, drug addiction, substance abuse.
14. Pulmonary infection caused by Mycobacterium.
15. Skin infection caused by Mycobacterium.
16. Infection caused by Mycobacterium, unspecified.
17. Leprosy.

Note:

1. Infertility treatment and IVF (ICSI), prenatal management of pregnant women are carried out under separate contracts.
2. If such disease as cancer, malignant tumors of lymphoid, hematopoietic and related tissues, mild epilepsy, are newly diagnosed in the contract period, the contract shall remain in force until its end.



The Medicina JSC (Roytberg Clinic)



10, 2nd Tverskoy-Yamskoy pereulok, Moscow
125047, Russia
+7 (495) 995-00-33, www.medicina.ru