

ALL INCLUSIVE

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Name of procedures and studies	Number of procedures									
	7 Jul	8 Jul	9 Jul	10 Jul	11 Jul	12 Jul	14 Jul	16 Jul	21 Jul	
Diagnostic unit										
Initial visit to the attending physician	1	1	1	1	1	1	1	1	1	
Follow-up visit to the attending physician	1	1	1	1	1	1	2	2	3	
Number of visits to the attending physician	4	5	6	7	8	9	10	12	16	
Final visit to the attending physician	1	1	1	1	1	1	1	1	1	
Clinical blood test	1	1	1	1	1	1	1	1	1	
Biochemical blood test: glucose	1	1	1	1	1	1	1	1	2	
Biochemical analysis, advanced liver test (total bilirubin, ALT, AST)	1	1	1	1	1	1	1	1	1	
Biochemical analysis, calcium blood test	1	1	1	1	1	1	1	1	1	
Biochemical analysis, creatinine blood test	1	1	1	1	1	1	1	1	1	
Biochemical analysis, lipid metabolism (total cholesterol, LDL, HDL, triglycerides)	1	1	1	1	1	1	1	1	2	
Biochemical blood test, Vitamin D	1	1	1	1	1	1	1	1	1	
Biochemical blood test, glycated hemoglobin	1	1	1	1	1	1	1	1	1	
Clinical urine test	1	1	1	1	1	1	1	1	2	
Resting electrocardiography (ECG)	1	1	1	1	1	1	1	1	1	
Chest X-ray	1	1	1	1	1	1	1	1	1	
Additional X-ray examinations:										
X-ray of the cervical spine (2 views) or										
X-ray of the lumbar spine (2 views) or										
X-ray of the thoracic spine (2 views) or										
X-ray of the hands (2 views) or	1	1	1	1	1	1	1	1	1	
X-ray of the ankle joints (2 views) or										
X-ray of the knee joints (2 views) or										
X-ray of the shoulder joints (2 views) or										
X-ray of the foot (2 views)										
Abdominal ultrasound	1	1	1	1	1	1	1	1	1	
Additional ultrasound examinations:										
Pelvic ultrasound or										
Thyroid ultrasound or	1	1	1	1	1	1	1	1	1	
Echocardiography										
Attendance and consultation of a medical specialist:										
nutritionist or										
dentist or	1	1	1	1	1	1	1	1	1	
urologist or gynecologist or										
physical therapist or										
neurologist	1	1	1	1	1	1	1	1	1	
ENT specialist	1	1	1	1	1	1	1	1	1	
cardiologist	1	1	1	1	1	1	1	1	1	
aesthetician-dermatovenerologist	1	1	1	1	1	1	1	1	1	
Wellness unit										
Dietetic food, buffet										
Finnish sauna - free access on medical advice										
Swimming pool - free access with thermotherapy (1 hour)	6	7	8	9	10	11	12	14	18	
Turkish bath (hammam) - free access on medical advice	6	7	8	9	10	11	12	14	18	
Tecnoactive (Tecnix) cure - therapeutic metered walkway										
Physical therapy - group classes	6	7	8	9	10	11	12	14	18	
Treatment unit										
Baths and water treatments:										
Naphthalen baths or	6	7	8	9	10	11	12	14	18	
Iodine-bromine baths or										
Hydromassage tubs for upper and lower extremities or										
Foot baths										
Massage and procedures:										
Classic hand massage (1.5 units) or										
Spinal traction or	6	7	8	9	10	11	12	14	18	
Physical therapy (one-to-one) or										
Hardware lymphatic drainage massage (according to the record of procedure not more than 3 times a week)										
Paraffin therapy:										
Paraffin therapy (face) or										
Paraffin therapy (neck + back) or	6	7	8	9	10	11	12	14	18	
Paraffin therapy (lower extremities) or										
Paraffin therapy (upper extremities)										
Instrumental physiotherapy:										
Treatment with infrared rays or										
Treatment with UV rays (locally) or										
Light bath or										
Short-wave diathermy or										
Microwave diathermy or										
Magnet therapy or	6	7	8	9	10	11	12	14	18	
Electrotherapy or										
Impulse current therapy (Amolouze) or										
Laser therapy or										
Shockwave therapy (according to the record of procedure not more than 2 times a week) or										
Densitization or										
Phonophoresis with refined naphthalen or										
Ultrasound therapy										
Specialist therapy:										
Hydrocolloidotherapy (according to the record of procedure not more than once a week) or										
Ultraviolet therapy (UV - narrow) (according to the record of procedure not more than once a week) or										
Energy vibrator or										
Colonic irrigation with medicinal herbs (according to the record of procedure not more than once a week) or										
Vaginal tampon with refined naphthalen or										
Gynecological massage or										
Gynecological application of tampons with medications (medications are not included) or										
Small vaginal enemas (medications are not included) or	10	11	12	13	14	15	18	21	27	
Pneumomassage (according to the record of procedure not more than once a week) or										
Nasal turundas with refined naphthalen or										
Buson (lavage and procedure) or										
Medical treatment of the outer ear or										
Inhalation or										
High-intensity laser therapy or										
Tampons with refined naphthalen or										
Small rectal enemas with refined naphthalen or										
Prostate massage (10-15 minutes)										
Total medical procedures**	34	39	44	49	54	59	66	77	99	

* The service is provided if medically required

** The total number of medical procedures included in the sanatorium resort package shall be determined by the attending physician based on the indications and contraindications.

