

Name of procedures and studies	Number of procedures									
	7 day	8 day	9 day	10 day	11 day	12 day	14 day	16 day	21 day	
Diagnostic block										
Primary appointment with the attending physician	1	1	1	1	1	1	1	1	1	
Repeated appointment with the attending physician	1	1	1	1	1	1	2	2	3	
Visit to the attending physician	4	5	6	7	8	9	10	12	16	
Final appointment with 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 extended liver test (total bilirubin, ALT, AST)	1	1	1	1	1	1	1	1	1	
Biochemical analysis Creatinine in blood	1	1	1	1	1	1	1	1	1	
Biochemical analysis of 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 Glycohemoglobin	1	1	1	1	1	1	1	1	1	
Biochemical blood test urea	1	1	1	1	1	1	1	1	1	
Clinical urine analysis	1	1	1	1	1	1	1	1	2	
Resting electrocardiography (ECG)	1	1	1	1	1	1	1	1	1	
Ultrasound of the abdominal organs	1	1	1	1	1	1	1	1	1	
Additional ultrasound examinations:										
<i>Ultrasound of the pelvic organs or</i>										
<i>Ultrasound of the thyroid gland or</i>	1	1	1	1	1	1	1	1	1	
<i>Ultrasound of the breast</i>										
<i>Echocardiography</i>										
Appointment and consultation with a specialist doctor:										
<i>nutritionist or</i>										
<i>gynecologist or</i>										
<i>otorhinolaryngologist or</i>	1	1	1	1	1	1	1	1	1	
<i>physiotherapist or</i>										
<i>neurologist</i>										
<i>cardiologist</i>	1	1	1	1	1	1	1	1	1	
<i>cosmetologist-dermatovenerologist</i>	1	1	1	1	1	1	1	1	1	
Wellness block	7 day	8 day	9 day	10 day	11 day	12 day	14 day	16 day	21 day	
Diet food, buffet	Ежедневно									
Finnish sauna - free visit upon doctor's recommendation	6	7	8	9	10	11	12	14	18	
Swimming pool – free swimming with thermotherapy (1 hour)	6	7	8	9	10	11	12	14	18	
Open pool	6	7	8	9	10	11	12	14	18	
Salt room	6	7	8	9	10	11	12	14	18	
Health path - therapeutic dosed walking	Ежедневно									
Therapeutic exercise - group classes	6	7	8	9	10	11	12	14	18	
Treatment block	7 day	8 day	9 day	10 day	11 day	12 day	14 day	16 day	21 day	
Baths:										
<i>Naftalan full baths or</i>										
<i>Iodine-bromine baths or</i>										
<i>Mineral baths or</i>										
<i>Charcot shower or</i>										
<i>Naftalan four-chamber baths or</i>	6	7	8	9	10	11	12	14	18	
<i>Hydromassage baths for upper and lower limbs or</i>										
<i>Special baths (aroma, herbal, mineral) or</i>										
<i>Underwater jet massage or</i>										
<i>Pearl baths</i>										
Massage and manipulation:										
<i>Classic manual massage (1.5 units) or</i>										
<i>Spinal traction or</i>	6	7	8	9	10	11	12	14	18	
<i>Physical therapy (individual classes) or</i>										
<i>Hardware lymphatic drainage massage (according to the protocol, maximum 3 times a week)</i>										
Paraffin therapy:										
<i>Paraffin therapy (face) or</i>										
<i>Paraffin therapy (neck + back) or</i>										
<i>Paraffin therapy (lower limbs) or</i>	6	7	8	9	10	11	12	14	18	
<i>Applications "Naftavit" or</i>										
<i>Paraffin therapy (upper limbs)</i>										
Hardware physiotherapy:										
<i>Treatment with infrared rays or</i>										
<i>Treatment with ultraviolet rays (locally) or</i>										
<i>Light bath or</i>										
<i>Shortwave diathermy or</i>										
<i>Microwave diathermy or</i>										
<i>Magnetic therapy or</i>										
<i>Electrotherapy or</i>	6	7	8	9	10	11	12	14	18	

<i>Galvanic 4-chamber bath or</i>									
<i>Amplipulse or</i>									
<i>Laser therapy or</i>									
<i>Shock wave therapy (according to the protocol maximum 2 times a week) or</i>									
<i>Darsanvalization or</i>									
<i>Phonophoresis with "Naftavit" or</i>									
<i>Ultrasound therapy</i>									
Specialized therapy:									
<i>Ozone therapy (iv infusion) (according to the protocol maximum 3 times a week) or</i>									
<i>Vaginal tampon with purified naphthalan or</i>									
<i>Gynecological massage or</i>									
<i>Gynecological application of tampons with medications (medicines not included) or</i>									
<i>Vaginal microenemas (medications not included) or</i>									
<i>Pneumopuncture (according to the protocol, maximum 1 time per week) or</i>									
<i>Nasal turundas with purified naphthalan or</i>	10	11	12	13	14	15	18	21	27
<i>Cedar barrel</i>									
<i>Buson (lavage and manipulation) or</i>									
<i>Drug treatment of the outer ear or</i>									
<i>Inhalation or</i>									
<i>Superinductive system or</i>									
<i>Tampons with purified naphthalan or</i>									
<i>Rectal microenemas with purified naphthalan</i>									
Total medical procedures**	34	39	44	49	54	59	66	77	99

* The service is provided according to indications

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