

● **ADDITIONAL PACKAGES:
PREVENTION AND
REHABILITATION**

BE FIT

Aimed at limiting postural strain and its implications, this offer is dedicated to patients who are not very active, have sedentary jobs and tend to experience back pain.

EXERCISE WISELY

The offer is dedicated to active patients and athletes who tend to face musculoskeletal disorders and injuries connected with their activity. The aim of the offer is to limit the risk of suffering strain and injuries resulting from physical activity. The package includes a posture and strain analysis and a customised preventive programme.

Option 1: physiotherapy consultation (60 min.)

Price: PLN 150*

Option 2: 5 physiotherapy consultations (30 min. each)

Price: PLN 390*

PERSONAL TRAINING SESSION

An hour of effective exercises with a personal trainer and individual consultation.

Price: PLN 89*



● **ADDITIONAL PACKAGES:
VIP ON A TRIP – TRAVEL
SAFELY AROUND THE WORLD**

- consultation with a physician – a certified specialist in travel medicine (emporiatics) – information about the health risks at the destination
- customised advice on tropical diseases prevention
- selection of required and recommended vaccinations, depending on the purpose and nature of the trip
- advice on the contents of travel health kit

Price: PLN 150*



ISO 9001:2015



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Price: PLN 2,400*

VIP Gold

A comprehensive health check in just eight hours. A perfect solution for all those who are always busy and perpetually hurried, but still want to take care of themselves and their relatives.



ONE HEALTH CHECK
COMPREHENSIVE HEALTH EXAMINATION



ONE DAY
COMPLETE HEALTH CHECK IN JUST EIGHT HOURS



ONE PLACE
ALL TESTS AT ONE PLACE – CITOMED CLINIC



ONE CONCIERGE
PERSONAL ASSISTANT TO ACCOMPANY YOU DURING ALL TEST DAY



ONE LIFE
YOU HAVE ONE LIFE, TAKE CARE OF IT

**UNIQUE OFFER
IN THE REGION**



TESTIMONIALS OF OUR SATISFIED PATIENTS:

"They met our expectations. We consulted several specialists and had a whole range of medical tests performed in a day. In our opinion, the package is a perfect solution for those who are busy working or managing their own business."

Halina and Zbigniew Kowalski

"They are unique in the region. I am pleasantly surprised with the approach of the physicians and other health care professionals."

Wiesław Rutkowski

"I heartily recommend the VIP package customised to the needs of professionally active people who never have time. Comprehensive, competent and nice treatment plus no queue."

Roma Ziółkowska

* Prices subject to NBP average exchange rates as of settlement day.

LIST OF TESTS AND CONSULTATIONS COMPRISED IN THE PACKAGE

VIP *Gold*



● SPECIALIST CONSULTATIONS:

FOR WOMEN: ophthalmologist, cardiologist, gynaecologist and one specialist of the patient's choice: dermatologist, ENT specialist (otolaryngologist), allergy specialist or endocrinologist

FOR MEN: ophthalmologist, cardiologist, ENT specialist (otolaryngologist) and one specialist of the patient's choice: dermatologist, urologist, allergy specialist or endocrinologist

● LABORATORY TESTS:

- complete blood count (CBC) and blood smear
- platelet count
- MCV
- MCHC
- MCH
- ESR
- urinalysis
- full lipid profile
- 25-hydroxy vitamin D3
- thyroid hormones: FT3, FT4, anti-TPO

● KIDNEY FUNCTION TESTS:

- urea, creatinine

● BIOCHEMICAL TESTS:

- uric acid, glucose, iron, magnesium, calcium, phosphorus, sodium, potassium, chlorides

● HORMONAL TESTS:

- **for men:** testosterone, TSH, PSA (prostate-specific antigen)
- **for women:** FSH, LH, estradiol, progesterone, TSH

● ULTRASOUND SCANS:

- abdomen, thyroid
- **for men:** scrotum
- **for women:** breasts

● CHEST X-RAY

● FEMORAL NECK BONE DENSITOMETRY

● FOR WOMEN: mammography



● LIVER FUNCTION TESTS:

- bilirubin, AST, ALT
- fecal occult blood (FOB) – immunochromatographic assay to detect gastrointestinal cancer
- IgG to detect Helicobacter pylori and peptic ulcer disease
- GGTP test to detect liver diseases
- blood amylase to detect pancreatic disorders

● INITIAL TESTS, INCLUDING:

- blood pressure test
- BMI calculation
- WHR calculation



● EXERCISE ECG (STRESS TEST)

● DOPPLER ECHOCARDIOGRAM WITH COLOUR FLOW

● DENTAL CHECK-UP:

assessment of teeth, gums and mouth with dental scaling

● HEAD MRI (CEREBRAL BLOOD FLOW ASSESSMENT)

The purpose of this modern, non-invasive examination is to imagine cerebral blood flow, especially in relation to vessel patency. It helps to expose aneurisms, venous angiomas (DVA) and other anomalies that may be the reason for such problems as frequent headaches.

● REVIEW OF MEDICAL RESULTS BY A PHYSICIAN (RECOMMENDATIONS)