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1) Cardiology Packages

1.1 Svenska

1.1.1 Specialist & Bas

Tjänst	Vad ingår	Pris
Cardio Start	30 min specialist, vilo-EKG, blodtryck, skriftlig plan	2 500 kr
Cardio Second (60)	60 min specialist, EKG, full genomgång, ny plan	3 900 kr

1.1.2 Rytm & Blodtryck (Hemmonitorering)

Paket	Innehåll	SLA	Pris
Rytm 48	ePatch/Holter 48 h + analys & plan	Rapport ≤72 h	5 900 kr
Rytm 7	ePatch 7 dagar + analys & plan	72–96 h	6 500 kr
Rytm 14	ePatch 14 dagar + analys & plan	≤5 dygn	7 900 kr
Tryck 24	ABPM 24 h + läkemedelsoptimering	≤72 h	4 900 kr

1.1.3 Struktur & anatomi (Utan Stress-Eko/arbetsprov)

Paket	Innehåll	SLA	Pris
Eko Hjärta	Transthorakalt EKO + plan	≤24 h	4 900 kr
CT Angio	CT kranskärl (CCTA) med pulsreglering/nitro vid behov + plan	≤48 h	22 000 kr
Hjärt-MR (CMR)	Vävnadsdiagnostik (ödem/LGE, kardiomyopati, viabilitet) + plan	≤72 h	10 000 kr

1.1.4 Executive & Embassy (Concierge)

Paket	Innehåll	Pris
Executive CT	CT Angio + Tryck 24 + prioriterad tid + 15 min uppföljning	27 900 kr
Executive CMR	CMR + Tryck 24 + prioriterad tid + 15 min uppföljning	15 900 kr

1.2 English

1.2.1 Specialist & Basic

Service	What's included	Price
Cardio Start	30 min specialist consultation, resting ECG, blood pressure, written plan	2 500 SEK
Cardio Second (60)	60 min specialist consultation, ECG, full review, new plan	3 900 SEK

1.2.2 Rhythm & Blood Pressure (home monitoring)

Package	Contents	SLA	Price
Rhythm 48	ePatch/Holter 48 h + analysis & plan	Report ≤72 h	5 900 SEK
Rhythm 7	ePatch 7 days + analysis & plan	72–96 h	6 500 SEK
Rhythm 14	ePatch 14 days + analysis & plan	≤5 days	7 900 SEK
Pressure 24	ABPM 24 h + medication optimization	≤72 h	4 900 SEK

1.2.3 Structure & Anatomy (without stress echo/exercise test)

Package	Contents	SLA	Price
Echo Heart	Transthoracic echocardiography + plan	≤24 h	4 900 SEK
CT Angio	Coronary CT angiography (CCTA) with HR control/nitro if needed + plan	≤48 h	22 000 SEK
Heart MRI (CMR)	Tissue diagnostics (edema/LGE, cardiomyopathy, viability) + plan	≤72 h	10 000 SEK

1.2.4 Executive & Embassy (concierge)

Package	Contents	Price
Executive CT	CT Angio + Pressure 24 + priority slot + 15 min follow-up	27 900 SEK
Executive CMR	CMR + Pressure 24 + priority slot + 15 min follow-up	15 900 SEK

2) Dietician Packages

2.1 Basic Package (1495 SEK/month)

Dietitian & Coaching: Two dietitian sessions in month 1, then monthly sessions; personalised meal plan

Doctor & Prescription Management: Quarterly doctor visits; GLP-1 prescribing and monitoring

Physical Assessments: In-person metabolic assessment and quarterly InBody scans

Remote Monitoring: –

Advanced Diagnostics: Quarterly labs; optional imaging at member price

Psychological Support: –

Notable Limits: 12-month commitment

2.2 Your Signature Package (3495-3995 SEK/month)

Dietitian & Coaching: Weekly dietitian sessions; unlimited chat support

Doctor & Prescription Management: Monthly physician visits; intensive medication titration

Physical Assessments: Monthly InBody scans, VO₂ -max & microbiome tests; gym programme

Remote Monitoring: BeamO + smart scale data integrated into app

Advanced Diagnostics: Whole-body MRI every 2 years; frequent lab panels

Psychological Support: Three CBT/psychologist sessions/year; additional at reduced rate

Notable Limits: Limited enrolment; modest start-up fee to cover diagnostics

3) Gynaecology Packages

3.1 Svenska

3.1.1 Årlig Women's Health

- Årlig specialistledd genomgång
- Fokus på klimakterie, preventivmedel, sexuell hälsa, livsstil
- Uppdatering av vaccinationer
- Koordinering av screeningar (cervix enligt kallelse, bröst enligt ålder/risk)
- Vaginalt ultraljud vid indikation
- Sammanfattning + plan
 - ECG

3400 kr

3.1.2 Årlig Women's Health – Executive

Utökade labbar, InBody, läkemedelsgenomgång, mammografi-remiss vid ålder/indikation

5 900 kr

3.1.3 Gyn Check 20

20 min specialist + spekulum + vaginalt ultraljud + skriftlig plan

1 750 kr

3.1.4 Cervix & Pelvis Plus

Gynundersökning + vaginalt ultraljud + HPV-test/cellprov (utan indikation) + plan

2 200 kr

3.1.5 STD & Trygghet

Diskret provtagning (klamydia/gonorré ± panel) + undersökning
Ultraljud vid behov
Behandling/plan
Snabba svar

1 900 kr + provkostnad

3.1.6 Spiral Start/Swap

Rådgivning, insättning/uttag av spiral, ultraljudskontroll av läge, smärtlindring som tillägg

1 900 kr + spiral

3.1.7 PCOS/Endo- Screening	Symtomkartläggning + vaginalt ultraljud (ovarial morfologi/adenomyos-tecken) + riktade prover + behandlings-/remissplan	2 900 kr
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3.1.8 Early Reassurance (v.6–11)	Kort viabilitets-ultraljud + bild + fyndbrev	850 kr
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3.2 English

3.2.1 Annual Women's Health	• Annual specialist-led review • Focus on menopause, contraception, sexual health, lifestyle • Vaccination updates • Coordination of screenings (cervical per program, breast per age/risk) • Vaginal ultrasound if indicated • Summary + plan – ECG	3400 SEK
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3.2.2 Annual Women's Health – Executive	Extended labs, InBody examination, medication review, mammography referral when indicated	5 900 SEK
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3.2.3 Menopause Compass	• Detailed history + exam • Vaginal ultrasound • Targeted baseline labs (Hb, TSH; ± FSH/E2) • HRT initiation plan • 15 min digital follow-up within 6–8 weeks	2 500 SEK
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3.2.4 Gyn Check 20	20 min specialist consult + speculum exam + vaginal ultrasound + written plan	1 750 SEK
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3.2.5 Cervix & Pelvis Plus	Gynecological exam + vaginal ultrasound + HPV/cervical smear (without indication) + plan	2 200 SEK
3.2.6 STD & Peace of Mind	Discreet testing (chlamydia/gonorrhea ± panel) + exam Ultrasound if needed Treatment/plan Fast results	1 900 SEK + test cost
3.2.7 IUD Start/Swap	Counseling, insertion/removal, ultrasound position check, pain relief as add-on	1 900 SEK + IUD
3.2.8 PCOS/Endo Screening	Symptom mapping + vaginal ultrasound (ovarian morphology/adenomyosis signs) + targeted labs + treatment/referral plan	2 900 SEK
3.2.9 Early Reassurance (week 6–11)	Short viability ultrasound + image + written findings	850 SEK

4) Psychology and Psychiatry Visits

4.1 Psychology (CBT/ACT/BCT)

4.1.1 Calm Start

Baseline scales (PHQ-9/GAD-7), treatment plan + home program	1 450 kr
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4.1.2 Focus-5 (5*50-60 min)

5 visits; progress measurement on visit 5; short written summary **6 250 kr** (=1 250/visit, –14%)

4.1.3 Focus-10 (10*50-60 min)

10 visits; mid-way evaluation + final letter (Sv/Eng) **11 500 kr** (=1 150/visit, –21%)

4.1.4 Couples-90 (1*90 min)

Structured couples session + written plan **2 450 kr**

4.2 Psychiatry (Assessment & Medication)

4.2.1 Clarity (45-60 min)

Diagnostic assessment, plan, optional lab list **2 500 kr**

4.2.2 Stabilize (25-30 min)

Medication optimization/follow-up, side effect screening **1 700 kr**

4.2.3 Complex-90 (80-90 min)

Second opinion / multimorbidity + employer/insurance certificate if needed **2 900 kr**

4.3 Combo Packages (Psychologist+Psychiatrist)

4.3.1 Anxiety Reset (6 weeks)

1× Clarity + 4× psychologist sessions (50–60 min) + 1× Stabilize; incl. baseline & follow-up metrics (PHQ-9/GAD-7) + final letter **7 990 kr**

4.3.2 Sleep & Mood Fast- Track (4 weeks)

1× Clarity + 3× psychologist (CBT-
I/depression) + 1× Stabilize (online) **5 990 kr**

5) Rheumatology Packages

Package	patients	Included services	pricing	Notes on tests/imaging
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5.1 Rheuma Basic

Stable
inflammatory
disease or
mild
fibromyalgia

- Two specialist consultations per year (45 min each) – normal pay- as- you- go rate would be 2 × 3 500 SEK.
- Unlimited nurse triage.
- Annual lab panel (CRP, ESR, renal & liver tests) included.
- Member pricing on additional consultations (e.g., 15–20 % discount on the 3 500 SEK rate).
- Access to physiotherapy at member rates.

6 000 SEK/year

Blood tests beyond the annual panel, imaging (e.g., musculoskeletal ultrasound, DEXA) and procedures are billed separately but at a discounted rate for members (e.g., 10–20 % off).

5.2 Rheuma Care

Moderate
arthritis or
fibromyalgia
needing
regular
review

- Four consultations per year (normal cost 14 000 SEK); included in package.
- Monthly telemedicine check- ins.
- At- home CRP testing kit with digital reporting.
- Priority appointments within 72 h.
- Physiotherapy & occupational therapy sessions at member rates.
- Pain- management coaching for fibromyalgia.

13 000
SEK/year

Additional imaging such as joint ultrasound or DEXA is billed separately but discounted. Package members pay a lower rate for any extra consultations beyond the included four.

5.3 Rheuma Plus

Active disease on biologics or complex fibromyalgia

- Six consultations per year (normal cost 21 000 SEK).
- On- call support for flares with 24- h response.
- Remote monitoring kit (BeamO) and symptom- logging app.
- Quarterly musculoskeletal ultrasound included.
- Annual DEXA scan included.
- Coordination of infusion therapy/biologics.
- Psychologist or CBT sessions for fibromyalgia pain coping.

20 000 SEK/year

The package covers ultrasound and DEXA scans. Other advanced imaging (e.g., whole- body MRI) and laboratory panels beyond routine monitoring are charged separately, but members receive a significant discount compared with the à- la- carte price.

5.4 Fibromya lgia Add- On

Primary fibromyalgia

- Exercise and stretching plans.
- Sleep and stress- management coaching.
- Pain physiotherapy & psychologist access.
- Quarterly specialist review.
- Group education sessions.

5 000 SEK/year

Tests and imaging are not included but offered at discounted member rates when combined with a Rheuma package.

6) Consult and Services

6.1 General Medicine (Family/Internal Medicine)

Services:

- Acute conditions: sore throat, UTI, skin infections, fever, colds, cough, ear/eye infections.

- Chronic disease management: hypertension, diabetes, thyroid disorders, asthma/COPD.
- Prescriptions & medical certificates (work, insurance, travel, driving).
- Referrals for imaging (MRI, ultrasound, CT, X-ray).
- Vaccinations (routine, influenza, travel).
- Blood tests & laboratory investigations.
- Preventive health checks & lifestyle advice.

Prices:

- General consultation: **2,500 SEK**
- Basic blood tests: **from 650 SEK**
- Premium health check: **from 3,500 SEK**
- Electrocardiogram (ECG): **2,000 SEK**
- Spirometry: **2,000 SEK**
- 24h blood pressure monitor (ABPM): **2,000 SEK**

6.2 Gastroenterology

Common issues treated:

- Acid reflux / heartburn
- Swallowing difficulties
- Chronic abdominal pain
- Nausea & vomiting
- Chronic diarrhea
- Constipation & incomplete bowel emptying
- Blood in stool
- Bloating & belching
- Unexplained anemia
- Gallbladder/liver-related symptoms

Investigations & treatments:

- Gastroscopy
- Colonoscopy
- Ultrasound & imaging referrals
- Advanced blood test panels

Prices:

- Consultation with gastroenterologist: **3,500 SEK**

- Gastroscopy: **On request**
- Colonoscopy: **On request**

6.3 Cardiology

Conditions treated:

- High blood pressure, heart failure, palpitations, arrhythmias
- Chest pain (non-acute), angina, vascular disease
- High cholesterol & cardiovascular risk management
- Dizziness & fainting

Investigations:

- Resting ECG
- Echocardiography (TTE)
- 24h ECG (Holter)
- 24h blood pressure monitoring
- CT coronary angiography
- Cardiac MRI (CMR)

Prices:

- Specialist consultation: **2,500 SEK**
- Echocardiography: **on request**
- Holter ECG: **3,700 SEK**
- ABPM (24h): **2,000 SEK**

6.4 Gynecology

Conditions & treatments:

- Menstrual problems (heavy, irregular, painful periods)
- PCOS, endometriosis, infertility workup
- Menopause & hormonal issues
- Recurrent infections (candida, BV, UTI)
- Urinary incontinence & prolapse
- Abnormal bleeding / cancer screening
- Ultrasound diagnostics
- Cervical smear (Pap test), conisation, hysteroscopy

Prices:

- Consultation: **2,500 SEK**
- Fertility & hormonal tests: **on request**
- Cervical smear: **from 1,000 SEK**

6.5 Orthopedics

Conditions treated:

- Joint pain: knee, hip, shoulder, elbow, hand, foot
- Sports injuries (ligament, tendon, meniscus tears)
- Osteoarthritis (PRP, ACP, hyaluronic acid, stem cell treatments)
- Carpal tunnel, trigger finger, Dupuytren's, de Quervain's
- Hallux valgus, hammertoes, heel spur
- Injections & advanced biological treatments

Prices:

- Consultation: **2,500 SEK**
- Injection therapy: **on request**

6.6 Rheumatology

Services:

- Investigation of inflammatory joint disease (RA, psoriatic arthritis, SLE)
- Chronic pain, stiffness, swollen joints
- Ultrasound joint diagnostics
- Cortisone joint injections
- Biologic treatments (DMARDs)
- Multidisciplinary care with physio/dietitian

Prices:

- Consultation: **3,500 SEK**

6.7 Neurology & Psychiatry

Conditions treated:

- Headaches & migraines (incl. injection therapy)
- Epilepsy, seizures, dizziness, memory disorders
- Anxiety, depression, burnout, sleep disorders
- ADHD & autism assessments (children & adults)
- Neuropsychiatric evaluations

Prices:

- Neurology consultation: **3,500 SEK**
- Psychiatry consultation: **2,500 SEK**
- Psychologist: **1,500 SEK**
- Neuropsychiatric assessment: **29,000 SEK (full package)**

6.8 ENT (Ear, Nose, Throat)

Conditions treated:

- Sinus problems, nasal obstruction, snoring
- Sore throat, tonsil issues
- Hearing loss, tinnitus, dizziness/vertigo
- Recurrent ear infections
- Nosebleeds

Prices:

- ENT consultation: **3,500 SEK**

6.9 Dermatology

Services:

- Acne, eczema, psoriasis, rosacea
- Skin rashes & allergies (patch testing)
- Mole checks (cancer screening)
- Removal of benign skin lesions
- Treatment with biologic medications for severe eczema/psoriasis

Prices:

- Consultation: **2,000 SEK**
- Mole check/removal: **on request**

6.10 Psychology & Mental Health

Services:

- Stress management, anxiety, depression
- Sleep therapy
- Crisis intervention
- Talk therapy & CBT

Prices:

- Psychologist consultation: **1,500 SEK**

6.11 Physiotherapy

Services:

- Musculoskeletal rehabilitation
- Sports injury recovery
- Post-operative care
- Pain management programs

Prices:

- Session: **950 SEK**

Services:

- Nutritional counseling & weight management
- InBody scan & analysis
- Personalized meal plans
- Obesity & fatty liver management
- Prescription-based weight loss programs

Prices:

- Consultation: **1,500 SEK**

