

PROVISION OF HEALTHCARE SERVICES IN HEALTH TOURISM

Medical Wellness Programs
Approved by the Ministry of Health
of the Republic of Croatia



TERME SELCE
HEALTH CLINIC



Zdravstveni turizam
Hrvatska



Health tourism
Croatia

3
MINUTE
4
21 DAN
8

DOBRODOŠLI
WELCOME

TO CRIKVENICA HEALTH RIVIERA WITH TRADITION

136 Years of Health Tourism Tradition of the Crikvenica Riviera



The Crikvenica Riviera was among the first in Croatia to nurture a tradition of health tourism back in the 19th century.

With more than 2,300 sunny hours per year, it is considered a very sunny region.

Here, fresh sea air blends with pleasant mountain currents, while the sea is clean and the climate and microclimate are mild and healing.

With the help of nature, a top-quality medical wellness offer has also been developed at Terme Polyclinic Ltd.

Crikvenica - An Oasis of Well-being



Outdoor Wellbeing Activities Throughout the Year

The rich offer in the Crikvenica area enables outdoor activities in every season.

In the sea, by the sea, in nearby forests, mountains, and in the air.

For sports enthusiasts, there are outdoor sports facilities.

Additionally by the sea

morning running

cycling

evening walks

Social Events for Wellbeing



And countless
charming spots

- A healthy lifestyle is also part of various events, such as cycling, swimming and running marathons, sailing regattas, and gastronomic events such as Blue Fish Week and Fishermen's Week.
- Cultural events are also held regularly throughout the year.

EXPERIENCE CRIKVENICA OUTDOOR - GASTRO - WELLNESS



EXPERIENCE & MENTAL HEALTH

- Special experiences in Crikvenica during spring and autumn have been brought together by the Crikvenica Tourist Board in the Experience Crikvenica program (Outdoor-Gastro-Wellness).
- The project includes outdoor activities and recreation, relaxing wellness programs in hotels and healthcare institutions on the Riviera, as well as special gastronomic offers in selected hospitality venues on the Crikvenica Riviera.
- The Crikvenica Riviera, an oasis of harmony, naturally stands out as a beautiful setting for outdoor activities combined with culinary tradition.

Terme Polyclinic Ltd.

35 Years of Tradition in Providing Services
Beyond Expectations

- Terme Polyclinic Ltd. is located on the Crikvenica Riviera, with a long tradition of health tourism thanks to exceptional microclimatic conditions and an outstanding professional team.
- With over 35 years of experience, Terme Selce experts have developed and continue to improve medical wellness programs alongside healthcare programs.
- This rounds off the service for even the most demanding patients and clients, who regularly return for a new experience.
- Clients come from 88 countries, further promoting the Riviera.

A woman with dark, wavy hair is shown in profile, running on a beach. She is wearing a grey, textured hoodie and white earbuds. She is holding a silver smartphone in her left hand. The background is a soft, blurred sunset over the ocean, with the sun low on the horizon, creating a warm, golden glow. The overall mood is peaceful and active.

Why Medical Wellness

Health / Wellness

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. (WHO)

Wellness is an active process through which individuals become aware and make choices toward a better life.

Wellness = A Lifelong Process

- Wellness **connects 8 dimensions:**
- emotional,
- physical,
- occupational,
- social,
- spiritual,
- intellectual,
- environmental, and
- financial.
- Making decisions that support a more balanced life, maximize personal potential, reduce stress levels, and improve quality of life.
- Certain diseases can also be prevented: heart disease, high blood pressure, diabetes, depression, body pain, obesity, and certain types of cancer.

Wellness = A Way of Thinking

- A predisposition to adopting a set of key principles in different areas of life that lead to high levels of personal well-being and life satisfaction.
- Wellness increases energy levels, improves physical fitness, and contributes to better overall health.

Terme Selce Medical Wellness Programs



Contents of Medical Wellness Programs



Terme Selce medical wellness programs include complete revitalization and balancing of the psycho-physical condition, based on individualized protocols with daily monitoring by a professional team.

TERME SELCE

HEALTH CLINIC

Beauty of Healthy Living



TERME SELCE
HEALTH CLINIC
Beauty of Healthy Living

Medical Wellness Programs

- **HEALTHY LIVING by IBD** – Healthy Lifestyle and Weight Loss Program
 - BALANCE Program
 - TOP MANAGER Programs – TMP
 - TMP – RELAX
 - TMP – WEEKEND GETAWAY
 - TMP – BUSTS
 - TMP – REVITAL
 - TMP – FIT
 - Weight Loss Program by IBD
 - **PREVENT Program by drVB**
 - **BEAUTY Program by drTB**

HEALTHY LIVING by IBD

Healthy Lifestyle and Weight Loss Program 12–21 days

- One of the most sought-after programs, known for its success. Each patient is approached individually, and the program is created depending on health status, goals, and needs. The program can be half-day or full-day.



IBD
Healthy Living

BALANCE Program

for Psycho-Physical Balance

7 days

- Revitalization enables relaxation aimed at eliminating and/or reducing stress, techniques for better sleep, and education on balanced nutrition.
- Modern lifestyle and work inevitably change habits, especially among business people. Lack of time for rest and relaxation causes stress that accumulates over the years. Stress increases the risk of other health problems and diseases.



Includes

Innovative physiological status test: readiness for activity, stress, sleep, cardiological status, pulmonary status, nervous system status – an individualized medical wellness program is created based on the results

A system of several massage techniques for relaxing the body and mind

Consultation with a psychologist

Consultation with an internist-cardiologist

Consultation with a physiatrist

Balance exercises in the gym with a trainer

Balance exercises in the sea with a trainer

Includes

Initial and final examination by a physiatrist specialist

Examination by an internist-cardiologist specialist with ECG

Measurements

Body composition analysis

4–6 different treatments adapted to age and health condition

Targeted exercises with a physiotherapist

Adapted physical activity with a kinesiologist

Nutritionist consultation and creation of a Mediterranean-diet meal plan

Daily monitoring and continuous support from a psychologist

**TOP MANAGER
PROGRAMS – TMP**
for People Exposed to
Increased Stress



Why TMP

1

The World Health Organization (WHO) declared workplace stress a global epidemic 13 years ago, and many media outlets call it the plague of the 21st century.

2

Research by the European Agency for Safety and Health at Work showed that workplace stress affects every third employee in the European Union.

3

Doctors today warn that stress causes very serious physical and psychological conditions, including high blood pressure, stroke, high cholesterol, heart attack, anxiety, atherosclerosis, depression, and thyroid disease.

4

Top Manager Programs are an ideal solution for preserving and improving health, disease prevention, and education!



TMP – RELAX

3 days: Includes

- Physiatrist examination, internist examination and ECG
- Body composition analysis
- Mediterranean full-body massage
- Hypobaric therapy
- Light stretching with a personal trainer
- Acupressure at the end of the day
- Body walking along the “Health Promenade” with a personal trainer
- Reflex foot massage
- Workshop: “Healthy Spine and Workplace Ergonomics”
- Hot stone full-body massage
- 3D spinal traction table
- Posture improvement exercises with a personal trainer
- Advice from Prim. Vlasta Brožičević, MD, specialist



TMP – WEEKEND GETAWAY

Weekend program: Includes

- Physiatrist examination, internist examination and ECG
- Body composition analysis
- Mediterranean full-body massage
- Hypobaric therapy
- Light stretching with a personal trainer
- Acupressure at the end of the day
- Body walking on the “Health Promenade” with a personal trainer
- 3D spinal traction table
- Hot stone full-body massage



TMP – BUSTS

for Business Success

5 days: Includes

- Physiatrist and internist/cardiologist examination with ECG
- Diagnostic ultrasound of the locomotor system
- Ergometry
- Biodex isokinetic test of muscles, tendons, and ligaments
- Muscle strength and endurance test
- Body composition test
- Thyroid and abdominal ultrasound
- Hypobaric therapy
- Mediterranean full-body massage
- 3D spinal decompression
- Acupressure
- Workshop: Leadership Skills
- Workshop: Ergonomics and Proper Sitting in the Office
- Workshop: Maintaining a Healthy Spine and Proper Posture at Work
- Customized detox program
- Sea exercises with a trainer
- Breathing exercises
- TUI NA massage
- Face and décolleté massage
- Hot stone full-body massage
- Recommendations from doctors and psychologists



TMP – REVITAL

6 days: Includes

- Physiatrist and internist/cardiologist examination with ECG
- Biodex Balance Test (M)
- Mediterranean full-body massage
- Light stretching with a personal trainer
- Body walking by the sea with a personal trainer
- Shiatsu full-body massage
- Full-body drainage mask
- Hypobaric therapy
- Workshop: Mindset
- CACI face lifting (F)
- TUI NA massage
- 3D spinal decompression
- Workshop: Healthy Feet
- Foot reflexology
- Acupressure
- 5 innovative treatments to improve posture and strengthen the spine
- Breathing exercises
- Seaside exercises with a trainer
- Recommendations from doctors and psychologists


A soft-focus background image of a spa setting. In the foreground, there are several lit white candles on the left, creating a warm, bokeh effect. In the center, there are several rolled-up white towels and several dark, smooth stones resting on a light-colored, woven mat. The overall atmosphere is calm and relaxing.

TMP – FIT

Fast Intensive Treatment

6 days: Includes

- Physiatrist examination, internist examination and ECG
- Body composition analysis
- Mediterranean full-body massage
- Hypobaric therapy
- Light stretching with a personal trainer
- Acupressure at the end of the day
- Body walking with a trainer
- Biodex – isokinetic testing
- TUI NA full-body massage
- Reflex foot massage with Mediterranean oil
- Hot stone full-body massage
- 3D spinal traction table (M)
- Posture improvement exercises with a personal trainer
- Workshop: “Healthy Spine and Workplace Ergonomics”
- CACI – non-surgical face lifting (F)
- Exercises with a personal trainer
- Consultation with a psychologist
- Outdoor sports activities
- Advice from Prim. Vlasta Brožičević, MD, specialist

A background image showing a person's feet on a scale. The scale has a large circular dial with two concentric scales. The outer scale shows weight in pounds (180, 200, 220, 240, 260, 280) and kilograms (80, 90, 100, 110, 120, 130). The inner scale shows BMI (0, 10, 20, 30, 40). A red needle points to approximately 120 on the weight scale and 30 on the BMI scale. The brand name 'METRO' is visible on the dial.

Weight Loss Program by IBD

12–21 days

More than 500 users have completed the Weight Loss Program by IBD

- Obesity is the 5th leading cause of death
- Obesity is an epidemic – 1 in 3 adults, 35% of the population (Harvard 2020)
- Lifestyle change requires a change in mindset and behavior

- Overweight: Body Mass Index of 25 or higher
- Obesity: Body Mass Index of 30 or higher

Statistics and Reference – Terme Selce

	2020	2025	2030	2035
BMI \geq 25 kg/m ² (millions)	2,603	3,041	3,507	4,005
BMI \geq 30 kg/m ² (millions)	988	1,249	1,556	1,914
BMI \geq 25 kg/m ² (%)	38%	42%	46%	51%
BMI \geq 30 kg/m ² (%)	14%	17%	20%	14%

- Within 10 years, the number of obese/overweight people **will double**



Program Includes

- Physiological test
- Internist-cardiologist examination and ECG, physiatrist examination
- Measurements and tests
- Consultation with a psychologist
- Consultation with a nutritionist and customized nutrition plan
- Individualized exercises with a trainer
- Massages
- Post-program communication with a psychologist

A man in a white shirt and headset is shown in profile, looking at a control panel with multiple monitors. The panel features various displays, including a map and a list of active runways. The background shows a control room environment with additional monitors and equipment.

IRT

HUSK

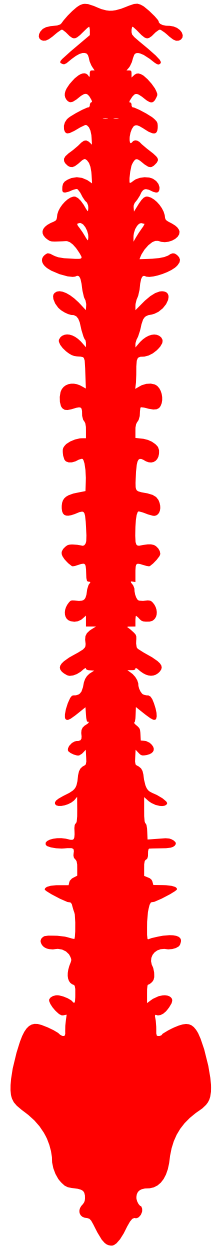
PREVENT Program by drVB

Preventive diagnostics and exercises for preserving
the health of the locomotor system
MINDsetBODY RECONDITIONING

19:57
Dnevnik

66%
of sick leave is
caused by lower
back pain

Worsening is
expected



- Improving the flexibility of the locomotor system plays a special role due to modern work and lifestyle habits, primarily sedentary ones, thereby reducing stress on the LMS.
- Due to the increase in various health conditions caused by the weakening of the LMS, sick leave is increasing, causing extremely high costs for companies, patients, and the healthcare system.
- To improve awareness and education, the program also includes educational workshops.
- The program uses the drVB **MINDsetBODY RECONDITIONING** method, which engages the power of the mind for physical well-being. **Proven on more than 120 Olympic athletes**, it greatly contributes to the well-being of other patients/clients as well.

Includes

- Diagnostic ultrasound of the LMS
- Biodex isokinetic measurements and exercises
- Electrotherapy
- Laser therapy
- Massages
- Exercises with a trainer in the sea and on the beach





BEAUTY PROGRAM
by drTB

Mole Examination with a Dermatoscope



- For people who:
 - have a large number of moles
 - have fair skin
 - are often exposed to the sun
 - get sunburned easily
- Dermatoscopy is a painless diagnostic method in which a dermatoscope enlarges the field of vision using polarized or non-polarized light.
- Dermatology Consultation
- Free consultation on skin condition, anti-aging therapy, and the creation of individualized programs for healthy skin.



Anthelia IPL Treatments

- Anthelia IPL enables highly effective treatments for various skin changes. It uses pulse technology, with results visible after the first treatment, and works equally strongly regardless of skin type.
- Includes: 5 treatments
 - advanced and permanent photorejuvenation as a premium anti-aging treatment that stimulates the dermis and visibly lifts and smooths the skin
 - pigmentation treatment to remove skin damage caused by sun exposure or aging
 - capillary removal
 - acne skin treatments that slow sebum production and significantly reduce inflammatory acne processes
 - permanent removal of unwanted hair



Mesotherapy

- Method used for:
 - skin revitalization
 - hydration and skin renewal with an anti-aging effect; collagen and elastin production is increased for a youthful skin appearance
 - prevention of hair loss (androgenic alopecia)
 - cellulite reduction
 - significant improvement of skin structure and reduction of fat deposits
 - stretch mark removal
 - pain relief
 - headaches, migraines, or painful conditions related to degenerative rheumatic diseases or sports injuries

A Mesogun, a special application device, is used. On average, 4–6 treatments are performed. The usual interval between the first two treatments is 14 days, and each subsequent treatment is performed once a month. Significant improvement is visible after the first treatment. Maintenance treatments may later be carried out 1–2 times a year if needed.

Year-Round Programs

Terme Selce Medical Wellness

- **HEALTHY LIFESTYLE PROGRAMS by IBD**
 - Target groups:
 - managers and particularly stressful professions,
 - obese persons,
 - persons with LMS difficulties
 - lasting 3–21 days
 - can be conducted throughout the year
 - emphasis is on the pre-season (January to June) and post-season (October to December)
 - conducted at the Selce location
- **LMS HEALTH PROGRAMS by drVB**
 - throughout the year
 - at the Selce location
- **BEAUTY PROGRAMS by drTB**
 - throughout the year
 - except during the summer months of July and August for some treatments that are not suitable with sun exposure
 - programs are conducted at two locations: in Selce and at the Rijeka branch



Year-Round Medical Wellness Programs with Additional Content

Contact



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