

## SPECIALIST PHYSICIANS

### NEW PROVIDENCE

SPECIALTY	PROVIDER	TELEPHONE
Child Development	Dr. Michelle Major	393.5963
Chiropractic Therapy	Dr. Dwight Marshall	328.2225
Colonics	Mrs. Nathelyn LaCroix	323.0610
Dentistry	Dr. Candace Lockhart	325.5165
Dentistry	Dr. Dante Bazard	328.0898
Dentistry	Dr. Nordia Bedward-Davis	677.3995
Dentistry	Dr. Gill Gibson	393.9050
Dentistry	Dr. Marsha Williams-Bethel	393.9050
Dermatology	Dr. Herbert Orlander	326.6229
Dermatology	Dr. Mandela Kerr	323.3400
Diabetes Educator	Mrs. Margaret Daxon	427.6427
Ear, Nose, Throat	Dr. Charles Johnson	326.4148
General Medicine	Dr. Beverton Moxey	328.1119
General Surgery	Dr. Locksley Munroe	328.6360
Internal Medicine	Dr. Sheena Antonio	328.1119

Internal Medicine	Dr. Cheryllyn Hanna-Hennis	328.8716 328.8717/8
Mammograms	The Breast Centre	502.9678
Nephrology	Dr. Isla Grant-Taylor	322.1530
Nutrition	Ann J. Rolle	322.5496
OBGYN	Dr. Lorne Charles	356.5505
Oncology	Dr. Duvaughn Curling	325.6284
Oncology	Dr. Theodore Turnquest	325.6284
Optometry	Dr. Charlene Wallace-Ferguson	322.3393
Optometry	Dr. Ebbie Shearer-Jackson	325.3585
Orthopedic Surgeon	Dr. Winston Phillips	323.4104
Periodontist	Dr. Kendal Major	325.5165
Physiotherapy	Genesis Physiotherapy	356.4806
Physiotherapy	KTH Physiotherapy Service Ltd.	394.5161
Physio & Massage Therapy	Rhoda E. Hanna Physiotherapy	676.4756
Plastic Surgery	Dr. Gregory Neil	356.3189
Podiatry	The Foot & Ankle Institute	322.5402
Podiatry	Dr. Kenneth Kemp	302.4607
Psychiatry	The Renaissance Institute	327.8719
Urology	Dr. Joseph Evans	325.7838
Vascular Surgery	Dr. Duane Sands	356.9146
Wellness & Rehab	Handling Your Health	322.5496
Wellness & Yoga	Ah! Massage	445.3818

GRAND BAHAMA		
SPECIALTY	PROVIDER	TELEPHONE
Cardiologist/Internist	Dr. Winston Forbes	373.1122
Chiropractic Therapy	Dr. Michael Hendley	351.9015
Consultant Surgeon	Dr. Gerhard Klassen	374.3067
Internist	Dr. Frank Bartlett	373.1122
Internist	Dr. Monique Pratt	352.7146
Orthopedic Services	Dr. H. Freeman Lockhart	374.3067/8
OBGYN	Dr. Michael Parkinson	373.3333
OBGYN	Dr. Paul Ward	373.2544

## DENTAL BENEFITS



### DANTE BAZARD

The Dental Care Centre

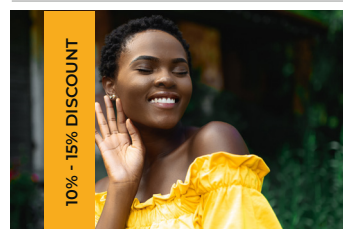
First Terrace Collins Ave  
Tel: 328.0898



### DR. KENDALL MAJOR DR. CANDACE LOCKHART

Center for Specialized Dentistry

89 Collins Ave  
Tel: 325.5165 603.1480  
Tel: 431.5656 (Emergencies)



### DR. GILL GIBSON & DR. MARSHA WILLIAMS-BETHEL

Bayview Dental Centre

East Bay Shopping Centre  
Tel: 393.9050



### DR. NORDIA BEDWARD-DAVIS

We Care Family Dental

2 Lauren Ashley Plaza, East St. South  
Tel: 677.3995 or 823.4905



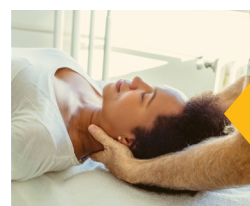
### DR. BARRY RUSSELL

Bahamas Orthodontic Centre

Dr. Barry Russell  
53 Collins Ave  
Tel: 328.5484

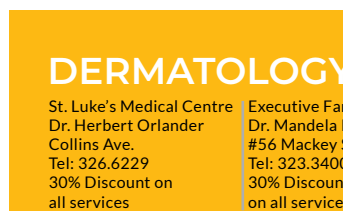
Pioneers Way, Insurance Management  
Building  
Tel: 352.5756

## ADDITIONAL PROVIDERS



### CHIROPRACTIC

Proactive Chiropractic & Wellness  
Dr. Dwight Marshall, Virginia Street  
Tel: 328.2225, Free Spinal Scans | 40% Discount



### DERMATOLOGY

St. Luke's Medical Centre  
Dr. Herbert Orlander  
Collins Ave.  
Tel: 326.6229  
30% Discount on  
all services

Executive Family Medicine  
Dr. Mandela Kerr  
#56 Mackey Street Plaza  
Tel: 323.3400  
30% Discount  
on all services



### NUTRITIONIST

A Healthy Difference  
#9 Summer Winds Plaza, TWD Highway  
Tel: 322.5496/424.2269, 15% to 20% Discount

## FIRSTCARE FLORIDA NETWORK

### EXCLUSIVE DISCOUNTS

VISIT OUR WEBSITE FOR FULL  
LIST OF PROVIDERS

DISCOUNTED CONSULTATIONS  
AT PRIMARY CARE DOCTORS &  
SPECIALISTS - \$60

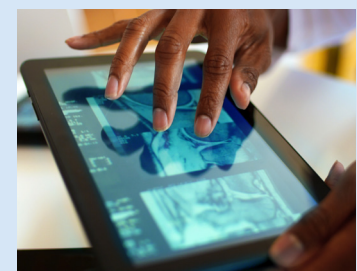
DISCOUNTED CONSULTATION BUNDLE  
(INCLUDES CONSULT, EKG & URINE) -  
\$120

TOLL FREE  
CUSTOMER SERVICE  
Tel: 1-877-776-6650

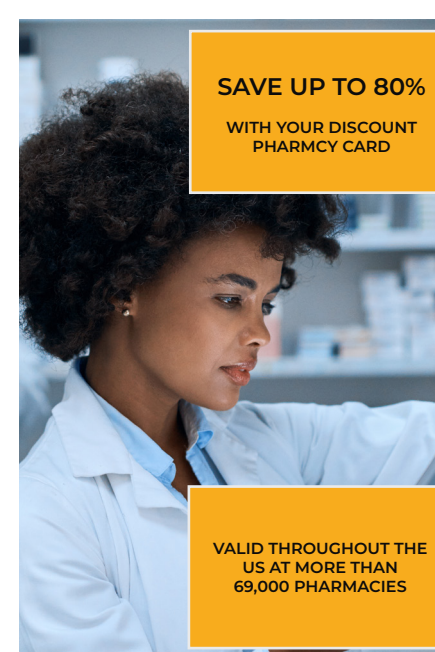


## FLORIDA | IMAGING CENTERS EXCLUSIVE DISCOUNTS FOR FIRSTCARE MEMBERS

	Price Ranges
MRI	\$250-\$520
BREAST MRI	\$260-\$420
CT	\$125-\$325
PET IMAGING	\$1,550-\$1,610
ULTRASOUND	\$55-\$295



## FLORIDA | PHARMACIES GLOBAL HEALTH PHARMACY DISCOUNT PROGRAM



SAVE UP TO 80%  
WITH YOUR DISCOUNT  
PHARMACY CARD

- Participating pharmacies include CVS, Walgreens, Target, Publix and many more independent pharmacies
- Instant savings up to 80% on prescriptions at participating pharmacies
- Easy to use, simply present your discount card each time you fill a prescription
- This program does not make payments directly to pharmacies and members are required to pay for all prescription purchases.



VALID THROUGHOUT THE  
US AT MORE THAN  
69,000 PHARMACIES



## FirstCare Rewards

### SAVE 10%-25% AT YOUR FAVOURITE BRANDS

In addition to health and wellness benefits, members can access discounts and exclusive offers from more than 30 merchants in The Bahamas and Florida.



### HEALTH & BEAUTY

Bahama Blu  
Baha Retreat Spa  
Evolve Fitness  
Skinistry  
Renu Day Spa  
Nubian Styles  
Windermere  
The Beauty Shack



### RETAIL & SHOPPING

Arising Courier  
Candy Captains  
Esquire Mens  
Party Land  
Quality Home Centre  
Sandy's  
Island Car Rentals



### FOOD & DINING

Domino's Pizza



### AUTOMOTIVE

Battery & Tyre Specialists Ltd  
Rollers Auto Parts & Accessories



### LEGAL

Monique Gomez & Co

## FLORIDA PREMIER PARTNERS

BOOK DIRECTLY THROUGH OUR WEBSITE!  
[www.firstcaredentalplan.com/firstcare-rewards-and-benefits](http://www.firstcaredentalplan.com/firstcare-rewards-and-benefits)



SAVE 10% ON CAR RENTALS



SAVE 20% AT SONESTA HOTELS & RESORTS



EXCLUSIVE RATES AT HOLIDAY INN FT. LAUDERDALE AIRPORT



## MEMBER BENEFITS

### NEW PROVIDENCE

East Bay St. & York St. | Nassau, Bahamas  
Tel: 502.9400 or 357.7174 (After Hours)

### GRAND BAHAMA

Lucayan Plaza, Coral Rd | Freeport, Grand Bahama  
Tel: 357.5041 or 357.7174 (After Hours)

For updated information and plan benefits  
please visit our website:

[firstcaredentalplan.com](http://firstcaredentalplan.com)

## WELCOME TO FIRSTCARE

FirstCare Medical Plan is an affordable healthcare plan that offers members access to private primary healthcare, plus exclusive discounts and benefits at their favourite lifestyle brands.

FirstCare members have access to 30 general medical practitioners and more than 40 specialists in New Providence and Grand Bahama. Members may also access our suite of discounts and benefits in Florida.

FirstCare Medical Plan is not an insurance plan. It is a primary healthcare plan that provides members with access to private primary care visits and discounts on other medical services.



### EXCLUSIVE OFFERS & DISCOUNTS THE BAHAMAS

**SPECIALIST DISCOUNTS**  
Save 10% to 30% on in-office fees at in-network specialists

**FREE DOCTOR VISITS**  
In-network primary care doctor visits in The Bahamas are free for all members

**LAB & PHARMACY DISCOUNTS**  
Save 10% to 15% at in-network labs and pharmacies

**FIRSTCARE REWARDS**  
Exclusive discounts at more than 30 of your favourite brands

### GENERAL PRACTITIONER IN-OFFICE PROCEDURES THE BAHAMAS

#### NO CHARGE

- General Medical Visits
- Health Certificates (Basic)
- Sick Visits
- Annual Visits
- Accident Visits
- Gyne Visits
- Skin Care Visits
- Diabetic Checks
- Prostate Exam (Digital)
- Breast Exam (One Annually)
- Basic Pap Smear (One Annually)\*
- IV Fluids - First Bag
- Foreign Body Removal
- Wound Closure - First Five Stitches

#### EXCLUSIVE BENEFITS

#### 50% OFF

- Wound Dressing - No Burns
- Asthma Treatment with Nebulizer
- Contraceptive Injections
- Immunizations
- Abscess Treatment
- Shots/Vaccines

\*Lab fee discounted at participating labs only



## NEW PROVIDENCE PHYSICIANS

Providers subject to change without prior notice.

**CESSLYN PEDIATRICS** | Dr. Yashica Seymour (Pediatrician)  
East & Third Terrace, 4th Floor | Tel: 603.1824 or 603.1825  
Monday - Friday: 10am-5pm, Saturday: 9am-2pm Sunday: Closed (Appointments Only)

**CHELSEA WELLNESS CENTRE** | Dr. Elsa Wilson  
61 A Village Rd. | Tel: 393.7531 or 393.7586  
Monday-Friday: 9am-4pm, Saturday: 10am-1pm, Sunday: Closed

**COMPLETE FAMILY PRACTICE** | Dr. B. V. Tynes  
Robinson Rd. | Tel: 328.8004  
Monday-Friday: 9am-5pm, Saturday: Closed, Sunday: Closed

**EASTERN MEDICAL CLINIC**  
Malcolm Allotment East | Tel: 394.6898  
Monday-Friday: 9am-6pm, Saturday 9am-1pm, Sunday: Closed

**FAMILY MEDICAL CLINIC** | Dr. Gregory Carey  
St. Luke's Medical Centre, 54 Collins Ave | Tel: 326.3433  
Mon, Tue & Thur: 9am-5pm, Fri: 9am-2pm, Sat: 10am-2pm, Wed & Sun: Closed

**INFINITY MEDICAL CLINIC** | Dr. Nicole Adderley  
#16 Jerome Ave | Tel: 677.6781 or 393.6781  
Mon-Wed: 9am-2pm, Thur: 3pm-6pm, Fri: 9am-6pm, Sat: 9am-4pm, Sun: Closed (Appointments Only)

**NASSAU MEDICAL CENTRE** | Dr. Leo Ignacio  
Carmichael Rd. | Tel: 341.5101  
Monday-Saturday: 9am-6pm, Sunday: Closed (Appointment Preferred)

**SERENE MEDICAL CENTRE** | Dr. Charmaine Bodie  
Reivax Plaza, Soldier Rd. | Tel: 341.0700  
Monday-Friday: 9am-6pm, Saturday: 9am-2pm, Sunday: Closed

**STAPLEDON FAMILY PRACTICE** | Dr. Gertrude Holder  
Bethel Ave. | Tel: 323.3510 (By Appointment Only)



## GRAND BAHAMA PHYSICIANS

**FAMILY WELLNESS CENTRE** | Dr. Kevin Bethel  
East Sunrise Highway | Tel: 351.5424 or 373.5420  
Mon - Thurs: 9am-5pm, Fri & Sat: 9am-12pm, Sun: Closed

**GILEAD WELLNESS & HEALING** | Dr. Wiona Pratt  
Pyfrom's Plaza, West Mall Drive | Tel: 351.4777  
Mon - Fri: 2pm-6pm, Sat & Sun: Closed

**LUCAYAN MEDICAL CENTRE** | Dr. Tiadra Dorsett-Johnson  
East Sunrise Highway | Tel: 373.7400  
Mon, Wed & Fri: 3pm-5pm, Tues & Sat: 9am-2pm, Thurs: 3pm-4:30pm, Sun: Closed

**LUCAYAN MEDICAL CENTRE** | Dr. Karis Thompson-Major  
East Sunrise Highway | Tel: 373.7400  
Mon, Wed, Thurs, Fri: 4pm-5:30pm, Sat: 9am-1pm, Sun: Closed

**THE MEDICAL PAVILLION** | Dr. Diedre Nelson  
East Sunrise Highway | Tel: 373.1122  
Mon-Fri: 9am-5pm, Sat: 9am-12pm | Sun: Closed

**THE MEDICAL PAVILLION** | Dr. Frank Bartlett (Pediatrician)  
East Sunrise Highway | Tel: 373.1122  
Mon: 3pm-4:30pm, Tues-Fri: 1pm-4:30pm, Sat: 10am-11:30am, Sun: Closed

**THE KIDNEY CENTRE** | Dr. Monique Pratt (Adults Only)  
3 West Mall Drive | Tel: 352.7146  
Mon - Fri: 9am-5pm, Sat & Sun: Closed

**THE NEW SUNRISE MEDICAL CENTRE** | Dr. Michael Parkinson (Adults Only)  
East Sunrise Highway | Tel: 373.3333  
Mon-Wed: 9:30am-11:30am, 3:30pm-4pm, Thurs: 1pm-5pm, Fri, Sat & Sun: Closed

**WELLNESS CENTRE** | Dr. Leviticus W. Rolle  
3 East Beach Drive | Tel: 602.5111  
Mon-Fri: 8am-9am, 3pm-6pm, Sat: 9am-2pm, Sun: Closed



## NEW PROVIDENCE (X-RAYS 10%-25% DISCOUNT) LAB TESTS & DIAGNOSTIC IMAGING

**BONAVENTURE LAB** Centreville.....328.3518  
Sandyport.....327.2230

**CARIBBEAN MEDICAL LAB** Montrose Ave.....677.4200

**CHELA TECH LAB** Carmichael.....328.3518  
Collins Ave.....328.1650  
East Ave.....326.5616

**OPEN MRI (5% OFF)** Harbour Bay.....393.1886

**ADVANCED MRI (5% OFF)** Caves Village.....327.2604

**A.S.A. ULTRASOUND SERVICES (20% OFF)** Montrose Ave.....677.4200

## GRAND BAHAMA (X-RAYS 10%-25% DISCOUNT) LAB TESTS & DIAGNOSTIC IMAGING

**ALPHA MEDICAL & ANALYTICAL LAB** Woodstock St.....602.7771

**LUCAYAN MEDICAL CENTRE (10% OFF)** East Sunrise Hwy...373.7400

**THE NEW SUNRISE MEDICAL CENTRE** East Sunrise Hwy...373.3333

**THE WELLNESS LAB** Freeport.....374.5422

## NEW PROVIDENCE & GRAND BAHAMA DISCOUNTED COVID-19 TESTING

**BAHAMAS MEDICAL LAB @ SOUTHERN COMMUNITY GENERAL CLINIC SOLDIER RD** Rapid Antigen - \$15.68

**LUCAYAN MEDICAL CENTRE GRAND BAHAMA** Rapid Antigen - \$37.80  
PCR - \$180.00

Testing times:  
M-F 9am | 11am | 3:30pm  
Verify prior to making an appt at 357.7174

## NEW PROVIDENCE PHARMACIES

**CENTREVILLE PHARMACY**  
79 Collins Ave.....325.4644  
Wilton & Mackey St....394.3011

**PARADISE PHARMACY**  
Gold Circle House.....393.8368

**DOC'S PHARMACY**  
Ridgeland Mall.....322.3627

**PRESCRIPTION PARLOUR**  
East St. South.....356.3973

**FRIENDLY PHARMACY**  
Bay St. & Eliz. Ave.....323.0051  
Cable Beach.....327.6350  
Old Fort Bay Plaza.....377.4449

**THE PEOPLE'S PHARMACY**  
Carmichael Rd.....341.1930  
Prince Charles Dr.....393.9432  
Soldier Rd.....361.0095

## GRAND BAHAMA PHARMACIES

**CHAPPIES PHARMACY**  
East Sunrise Hwy.....374.4720

**PRESCRIPTION PARLOUR**  
Eight Mile Rock.....348.1155

**HEALTH ENHANCING PHARMACY**  
1 West Mall Dr.....352.7327

**SAV-MOR DRUGS**  
East Mall, FPO.....351.4700

**LUCAYAN MEDICAL CENTRE**  
East Sunrise Hwy.....373.7400

## PLAN COSTS

Adult (18 years and older) .....\$35 (Plus VAT per month)  
Child (17 years and younger).....\$25 (Plus VAT per month)



## HOW TO JOIN

To join FirstCare or to add any individual to your plan:

- Visit [firstcaremedicalplan.com](http://firstcaremedicalplan.com)
- Complete simple application form
- Pay online with your debit/credit card
- No medical exam required
- Start using the plan immediately
- Or call us at 502.9400 or 357.7174

YOU CANNOT BE TURNED DOWN

NO CO-PAYMENT, DEDUCTIBLE OR CLAIM FORMS REQUIRED

NO HEALTH EXAM REQUIRED

YOU CAN ADD ANYONE TO YOUR PLAN

FREE PRIMARY CARE DOCTOR VISITS

SMALL FEE FOR SOME PROCEDURES

## NEW PROVIDENCE VISION BENEFITS

### VISION SPECIALIST

#### FAMILY EYE CARE CENTRE

Dr. Charlene Wallace-Ferguson

Rosette & Alexander St  
Tel: 322.3393

### VISION SPECIALIST

#### PALMDALE VISION CENTRE

Dr. Ebbie Shearer-Jackson

86 Mount Royal Ave  
Tel: 325.3585

Eye Exam - 12% Discount  
Glasses (Frame) - 15% Discount  
Visual Field - 20% Discount

