

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. Ilsa 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	439.5903
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

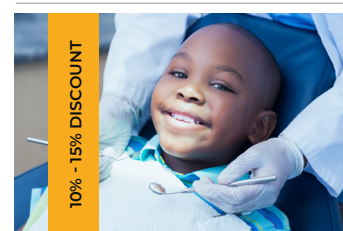
89 Collins Ave
Tel: 325.5165 603.1480
Tel: 431.5656 (Emergencies)



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

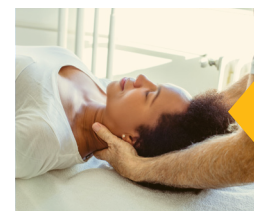


DR. BARRY RUSSELL
Bahamas Orthodontic Centre

Dr. Barry Russell
53 Collins Ave
Tel: 328.5484

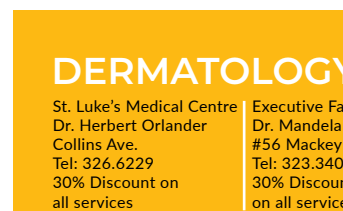
Pioneers Way, Insurance Managment
Building
Tel: 352.5756

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

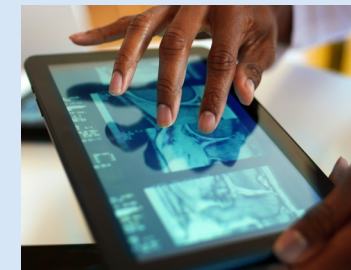
TOLL FREE CUSTOMER SERVICE
Tel: 1-877-776-6650



FLORIDA | IMAGING CENTERS

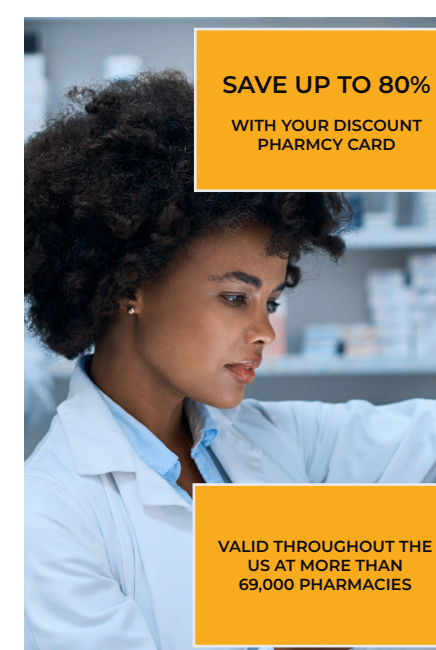
EXCLUSIVE DISCOUNTS FOR FIRSTCARE MEMBERS

	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

VALID THROUGHOUT THE US AT MORE THAN 69,000 PHARMACIES

- 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.



FirstCare Rewards

<https://firstcaredentalplan.com/firstcare-rewards-and-benefits/>

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
Sandys
Island Car Rentals



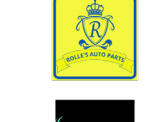
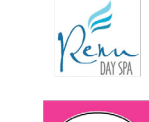
FOOD & DINING

Dominos 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/



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

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

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
Plym'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

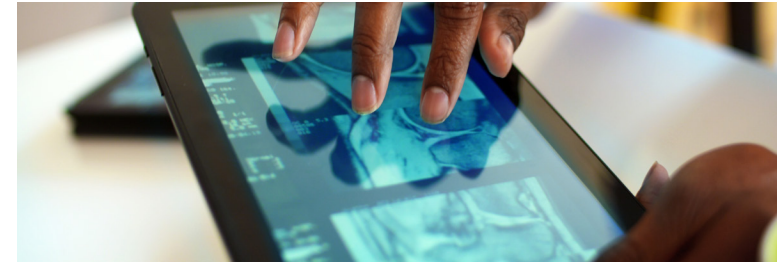
THE MEDICAL PAVILLION | Dr. Diedre Nelson
East Sunrise Highway | Tel: 373.1122
Mon-Fri: 9am-5pm, Sat: 9am-12pm | Sun: Closed

THE MEDICAL PAVILLION | Dr. Frank Bartlett (Pediatrician)
East Sunrise Highway | Tel: 439.5903 (Available for Telehealth Appointments)
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
	THE BREAST CENTRE MAMMOGRAMS \$75-VAT	Collins Ave.....502.9620

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, NASSAU	Rapid Antigen - 33% Discount PCR - 10% Discount
	BONAVENTURE LAB SANDYPORT, WULFF ROAD & CENTREVILLE, NASSAU Tel: 328.3518 WEST MALL DR, GRAND BAHAMA Tel: 352.5220	Rapid Antigen - 25% Discount PCR - 10% Discount
	LUCAYAN MEDICAL CENTRE GRAND BAHAMA Testing times: M-F 9am 11am 3:30pm (Verify prior to making an appt at 357.7174)	Rapid Antigen - 25% Discount PCR - 10% Discount

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
- 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

