

## SPECIALIST PHYSICIANS 10% - 20% DISCOUNT

| NEW PROVIDENCE           |                                  |              |
|--------------------------|----------------------------------|--------------|
| SPECIALTY                | PROVIDER                         | TELEPHONE    |
| Cardiology               | Dr. Duane Sands                  | 356.9146     |
| 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     |
| Gastroenterology         | Dr. Harold Munnings              | 328.5550     |
| General Medicine         | Dr. Beverton Moxey               | 328.1119     |
| General Surgery          | Dr. Locksley Munroe              | 328.6360     |
| Imaging & Ultrasounds    | Fourth Terrace Diagnostic Centre | 328.8157     |
| Internal Medicine        | Dr. Sheena Antonio               | 328.1119     |
| Internal Medicine        | Dr. Cheryl Hanna-Hennis          | 328.8716/7/8 |
| Mammograms               | The Breast Centre                | 502.9678     |
| Nephrology               | Dr. Ilsa Grant-Taylor            | 322.1530     |
| Nursing Services         | Happy Healing Home Care          | 806.4325     |
| 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 & Mental Health | Brightside Bahamas               | 425.1542     |
| Wellness & Rehab         | Handling Your Health             | 322.5496     |
| GRAND BAHAMA             |                                  |              |
| SPECIALTY                | PROVIDER                         | TELEPHONE    |
| Chiropractic Therapy     | Dr. Michael Hendley              | 351.9015     |
| Imaging                  | Lucayan Medical Centre           | 373.7400     |
| 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

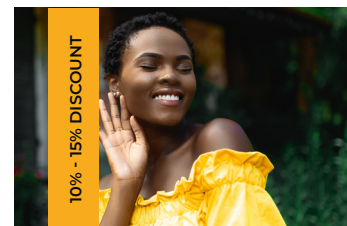
First Terrace Collins Ave  
Tel: 328.0898



**DR. KENDALL MAJOR**  
**DR. CANDACE LOCKHART**

Center for Specialized Dentistry

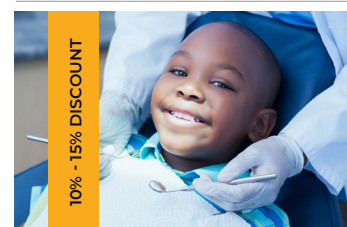
89 Collins Ave  
Tel: 325.5165 603.1480  
Tel: 431.5656 (Emergencies)



**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

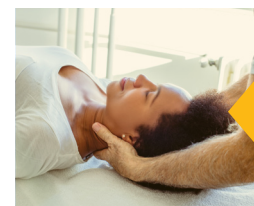


**DR. BARRY RUSSELL**  
Bahamas Orthodontic Centre

Dr. Barry Russell  
53 Collins Ave  
Tel: 328.5484

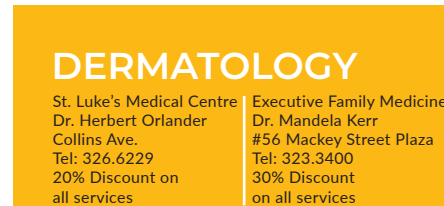
Pioneers Way, Insurance Managment  
Building  
Tel: 352.5756

## ADDITIONAL PROVIDERS



### CHIROPRACTIC

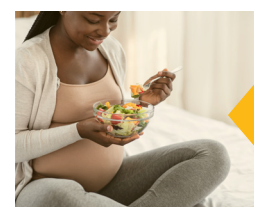
Proactive Chiropractic & Wellness  
Dr. Dwight Marshall, Virginia Street  
Tel: 328.2225, Free Spinal Scans | 40% Discount



### DERMATOLOGY

St. Luke's Medical Centre  
Dr. Herbert Orlander  
Collins Ave.  
Tel: 326.6229  
20% 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



## FLORIDA | LABS UP TO 50% OFF FOR FIRSTCARE MEMBERS

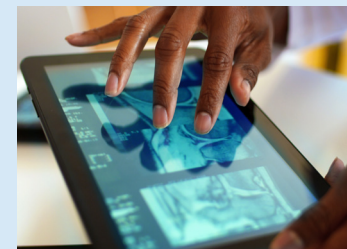


Save up to 50% with Labcorp, one of the largest clinical laboratory networks in the world, with a US network of 36 primary laboratories.

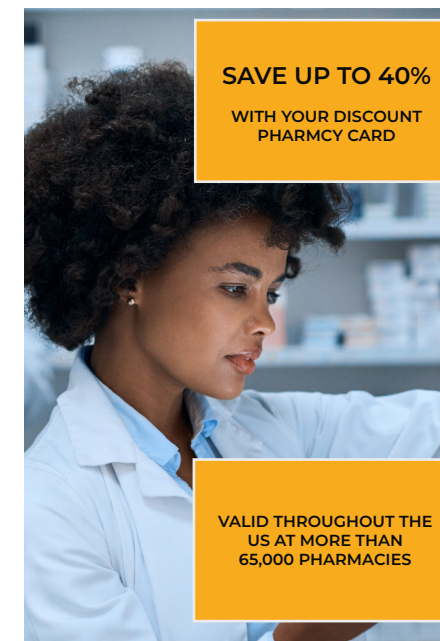
## FLORIDA | IMAGING CENTERS DISCOUNTS FOR FIRSTCARE MEMBERS



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



## FLORIDA | PHARMACIES + MINUTECLINIC® YOUR SOLUTION TO PRESCRIPTION SAVINGS!



SAVE UP TO 40% WITH YOUR DISCOUNT PHARMCY CARD



- Pharmacy:** Save up to 40% on generics and brand-name medications at more than 65,000 participating pharmacies in the US - even on refills.
- Just present your FirstCare card and prescription at a participating pharmacy to save.
- MinuteClinic®:** Through our strategic partnership with CVS, members save 15% on walk-in medical services offered at MinuteClinic®.

VALID THROUGHOUT THE US AT MORE THAN 65,000 PHARMACIES

- Pet Medication:** Use your FirstCare Card and save on pet medication. One card qualifies you and all of your dependents - including your pets - for significant prescription discounts.



<https://firstcaremedicalplan.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  
Essentially Alkaline  
Evolve Fitness  
Skinistry  
Renu Day Spa  
Native Organics  
Nubian Styles  
Salon Sade  
The Beauty Shack  
Windermere



### RETAIL & SHOPPING

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



### FOOD & DINING

Domino's Pizza  
Lime Wedge  
Twisted Lime  
Showman E-Bistro



### AUTOMOTIVE

Advance Auto Paint  
Battery & Tyre Specialists Ltd  
Rolleys Auto Parts & Accessories



### PET CARE

Animal Medical Group



### LEGAL

Monique Gomez & Co



## 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:

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

## FLORIDA PREMIER PARTNERS

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



SAVE 10% ON CAR RENTALS



SAVE 20% AT SONESTA HOTELS & RESORTS



## WELCOME TO FIRSTCARE

FirstCare is an affordable health and wellness 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, Grand Bahama and Florida. 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)

**PATS MEDICAL CLINIC** | Dr. Glen Beneby  
Tel: 393.4061 or 376.2541 (By Appointment Only)

**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)

**EXUMA FAMILY MEDICINE CLINIC** | Dr. Deval Rolle  
Queens Hwy, Georgetown, Exuma | Tel: 336.2001  
Emergency Line - 524.4085 (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

**LUCAYAN'S FAMILY CARE & CONCIERGE** | Dr. Tiadra Dorsett-Johnson  
Seahorse Road | Tel: 688.5322  
Mon - Fri: 8am-7pm, Sat: 9am-4pm, Sun: Closed

**THE MEDICAL PAVILLION** | Dr. Diedre Nelson  
East Sunrise Highway | Tel: 373.1122  
Mon-Fri: 9am-5pm, Sat: 9am-12pm | 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: 602.5101  
Mon-Fri: 8am-9am, 3pm-6pm, Sat: 9am-2pm, Sun: Closed



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

|  |  |   |
|--|--|---|
|  | <b>BONAVENTURE LAB</b>                       | Centreville.....328.3518<br>Sandyport.....327.2230                            |
|  | <b>CARIBBEAN MEDICAL LAB</b>                 | Montrose Ave.....677.4200   |
|  | <b>CHELA TECH LAB</b>                        | Carmichael.....328.3518<br>Collins Ave.....328.1650<br>East Ave.....326.5616  |
|  | <b>OPEN MRI (5% OFF)</b>                     | Harbour Bay.....393.1886  |
|  | <b>FOURTH TERRACE DAGOONIC CENTRE</b>        | Centreville.....328.8157<br>Grosvenor.....325.1036<br>Carmichael.....361.3650 |
|  | <b>ADVANCED MRI (5% OFF)</b>                 | Caves Village.....327.2604  |
|  | <b>A.S.A. ULTRASOUND SERVICES (20% OFF)</b>  | Montrose Ave.....677.4200   |
|  | <b>THE BREAST CENTRE MAMMOGRAMS \$75-VAT</b> | Collins Ave.....502.9620  |

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

|  |   |                            |
|--|---|----------------------------|
|  | <b>ALPHA MEDICAL &amp; ANALYTICAL LAB</b> | Woodstock St.....602.7771  |
|  | <b>LUCAYAN MEDICAL CENTRE 10% OFF)</b>    | East Sunrise Hwy..373.7400 |
|  | <b>THE NEW SUNRISE MEDICAL CENTRE</b>     | East Sunrise Hwy..373.3333 |
|  | <b>THE WELLNESS LAB</b>                   | Freeport.....374.5422      |

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

|  |   |  |
|--|---|--|
|  | <b>BAHAMAS MEDICAL LAB @ SOUTHERN COMMUNITY GENERAL CLINIC SOLDIER RD, NASSAU</b>         | Rapid Antigen - 33% Discount<br>PCR - 10% Discount |
|  | <b>BONAVENTURE LAB SANDYPORT, WULFF ROAD &amp; CENTREVILLE, NASSAU Tel: 328.3518</b>      | Rapid Antigen - 25% Discount<br>PCR - 10% Discount |
|  | <b>LUCAYAN MEDICAL CENTRE GRAND BAHAMA</b><br>WEST MALL DR, GRAND BAHAMA<br>Tel: 352.5220 | Rapid Antigen - 25% Discount<br>PCR - 10% Discount |

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

**VISION SPECIALIST**

### 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



## 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