

SPECIALIST PHYSICIANS 10% - 20% DISCOUNT

NEW PROVIDENCE		
SPECIALTY	PROVIDER	TELEPHONE
Cardiology	Dr. Duane Sands	356.9146
Child Development	Dr. Michelle Major	393.5963
Colonics	Mrs. Nathelyn LaCroix	323.0610
Pediatrics	Dr. Carlos Thomas	325-8028
Diabetes Educator	Mrs. Margaret Daxon	427.6427
Diagnostics	Fourth Terrace Diagnostics	328.8157
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. Cheryln Hanna-Hennis	328.8716/7/8
Internal Medicine	Dr. Harold Munnings	328.5550
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	Dr. Daniel Johnson	322.5402
Podiatry	Dr. Kenneth Kemp	302.4607
Psychiatry	The Renaissance Institute	327.8719
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
Internist	Dr. Kirsten Harris	351.9015
Orthopedic Services	Dr. H. Freeman Lockhart	374.3067/8
OBGYN	Dr. Michael Parkinson	373.3333
OBGYN	Dr. Paul Ward	373.2544

ABACO		
SPECIALTY	PROVIDER	TELEPHONE
Pediatrics	Dr. Carlos O Thomas	802-7999
Physical Therapy	Auskell Medical Centre	577-0113
Podiatry	Dr. Daniel Johnson	577-0113

DENTAL BENEFITS



DANTE BAZARD
The Dental Care

First Terrace Collins Ave
Tel: 328.0898



DR. KENDALL MAJOR
DR. CANDACE LOCKHART

Center for Specialized Den-

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

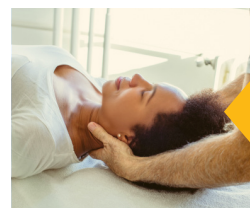
2 Lauren Ashley Plaza, East St. South
Tel: 677.3995 or 823.4905



DR. BARRY RUSSELL
Bahamas Orthodontic Centre

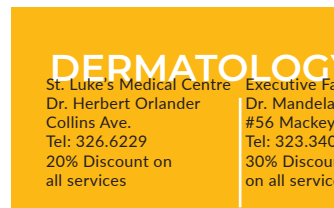
Dr. Barry Russell
53 Collins Ave
Tel: 328.5484

Pioneers Way, Insurance Manag-
ment Building
Tel: 352.5756



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

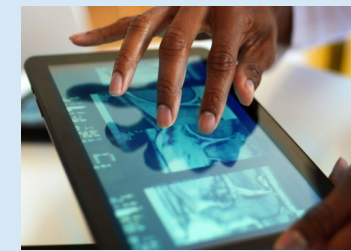


Save up to 50% with Quest Diagnostics,
one of the largest clinical laboratory
networks in the world, with a US network
of 36 primary laboratories.

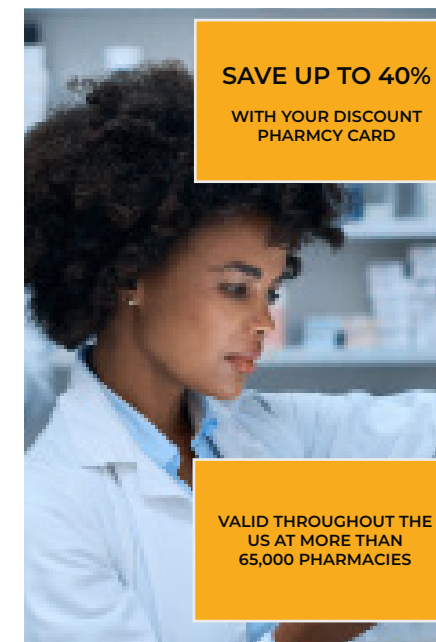
FLORIDA | IMAGING CENTERS DISCOUNTS FOR FIRSTCARE MEMBERS



	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.



FLORIDA PREMIER PARTNERS BOOK DIRECTLY THROUGH OUR WEBSITE! www.firstcaremedicalplan.com/firstcare-rewards-and-benefits



SAVE 10% ON CAR RENTALS



SAVE 20% AT SONESTA HOTELS & RESORTS



MEMBER BENEFITS

NEW PROVIDENCE

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

GRAND BAHAMA

Lucayan Plaza, Coral Rd | Freeport, Grand Bahama
Tel: 373.2839 | 357.5041 | 357.7174 (After Hours)

For updated information and plan benefits
please visit our website:

firstcaremedicalplan.com

V12.01

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 Boney
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)

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. Tiaora Dorsett-Johnson
Seahorse Road | Tel: 688.5322
Mon - Fri: 8am-7pm, Sat: 9am-4pm, Sun: Closed

LUCAYAN MEDICAL CENTRE | Dr. Tamarra Moss (Pediatrician)
East Sunrise Highway | Tel: 373.7400
Mon - Fri: 8:30am-4pm, Sat: 8:30am-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

ABACO PHYSICIANS

INTEGRATED MEDICAL CENTRE | Dr. George Charite
Resilience Sq. Don Mackay Blvd. Marsh Harbour | Tel: 376.1304 or 699.1304
Mon - Fri: 8am-8pm, Sat: 8am-12pm, Sun & Holidays: Emergency Only

EXUMA PHYSICIANS

EXUMA FAMILY MEDICAL CLINIC | Dr. Deval Rolle
Queens Hwy, Georgetown | Tel: 336.2001 or 524.4085 (Emergency Line)
(By Appointment Only)



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

	BONAVENTURE LAB	Centreville.....328.3518 Sandyport.....327.2230
	CARIBBEAN MEDICAL LAB	Montrose Ave.....677.4200
	OPEN MRI (5% OFF)	Harbour Bay.....393.1886
	FOURTH TERRACE	Centreville.....328.8157 Grosvenor.....325.1036 Carmichael.....361.3650
	ADVANCED MRI (5% OFF)	Caves Village.....327.2604
	A.S.A. ULTRASOUND SERVICES (20% OFF)	Montrose Ave.....677.4200
	EXUMA FAMILY MEDICINE CLINIC (10% OFF LAB SERVICES) <small>*EXCLUSIONS APPLY</small>	Georgetown.....336.2001

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

	ALPHA MEDICAL & ANALYTICAL LAB	Woodstock St.....602.7771
	LUCAYAN MEDICAL CENTRE	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

ABACO LAB & IMAGING

AUSKELL MEDICAL & INTEGRATED MEDICAL CENTRE BOTH OFFERING 10%

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 + EXUMA PHARMACIES

CHAPPIES PHARMACY
East Sunrise Hwy.....374.4720
Grand Bahama

PRESCRIPTION PARLOUR
Eight Mile Rock.....348.1155
Grand Bahama

HEALTH ENHANCING PHARMACY
1 West Mall Dr.....352.7327
Grand Bahama

SAV-MOR DRUGS
East Mall, FPO.....351.4700
Grand Bahama

LUCAYAN MEDICAL
East Sunrise Hwy.....373.7400
Grand Bahama

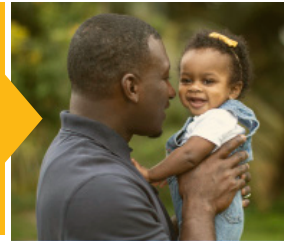
SMITTY'S PHARMACY
Georgetown.....336.2144
Exuma

ABACO PHARMACIES

ABACO ISLAND PHARMACY
Don McKay Blvd.....802.2544
Marsh Harbour, Abaco

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

