

## 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
Counsellor	Christian Counselling Centre	323-7000
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
Gynecologist	Dr. Suneetha Diyya	603.4440
Imaging & Ultrasounds	Fourth Terrace Diagnostic Centre	328.8157
Internal Medicine	Dr. Sheena Antonio	328.1119
Internal Medicine	Dr. Cheryllyn Hanna-Hennis	328.8716/7/8
Nephrology	Dr. Ilsa Grant-Taylor	322.1530
Nursing Services	Happy Healing Home Care	806.4325
OBGYN	Dr. Lorne Charles	356.5505
Oncology	Dr. Duvaughn Curling	325.6284
Optometry	Dr. Charlene Wallace-Ferguson	322.3393
Optometry	Dr. Ebbie Shearer-Jackson	325.3585
Orthopedic Surgeon	Dr. Murthy S. Gali	603-1820
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 Discovery Clinic	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
Orthopedic Services	Dr. H. Freeman Lockhart	374.3067/8
OBGYN	Dr. Michael Parkinson	373.3333
OBGYN	Dr. Paul Ward	373.2544

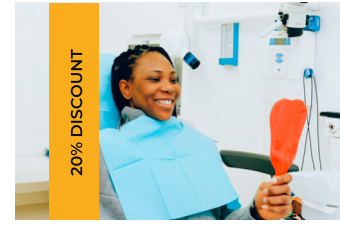
## ABACO

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



**DR. 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 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



### 40%-60% DISCOUNT

MRI

BREAST MRI

CT

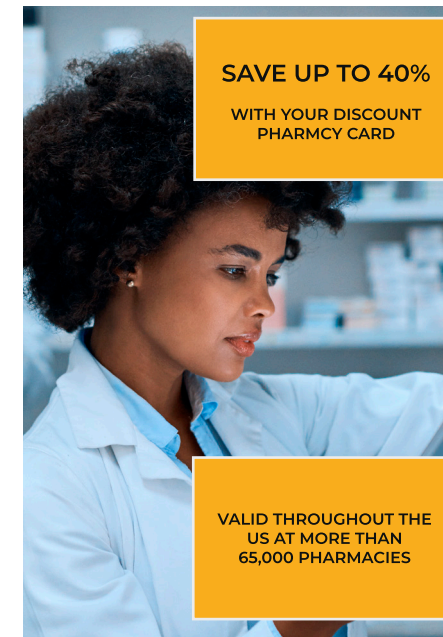
PET IMAGING

ULTRASOUND



## FLORIDA | PHARMACIES + MINUTECLINIC®

### YOUR SOLUTION TO PRESCRIPTION SAVINGS!



SAVE UP TO 40% WITH YOUR DISCOUNT PHARMACY 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®.
- 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.

VALID THROUGHOUT THE US AT MORE THAN 65,000 PHARMACIES



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

V 13.10.23



## 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.



### 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

### 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

**STELLAR URGENT CARE**  
 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: 603.4440  
 Monday-Saturday: 9am-6pm, Sunday: Closed (Appointment Preferred)

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

**MOUNT OLIVE MEDICAL CENTER** | Dr. Ketroya Oliver  
 Robinson Rd. and Fourth St. | Tel: 603-4440 or 827-8308 (Whatsapp)  
 Monday-Friday: 9am-9pm, Saturday 10am-3pm, 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. Tiadra 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

## ANDROS PHYSICIANS

**ALL ANDROS COMPREHENSIVE CLINIC** | Dr. Danielle Strachan & Dr. Drumeco Bowleg  
 Queen's Highway, San Andros, North Andros | Tel: 242-437-5238  
 M-Th Closed Fri 4pm - 8pm Sat 9am - 4pm Sun Closed

## 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

	<b>BONAVENTURE LAB</b>	Centreville.....328.3518 Sandypport.....327.2230 Exuma.....336.2209
	<b>BIOTECH MEDICAL LABORATORY</b>	Robinson Road & East Street 394.1837 or Whatsapp 557-5727
	<b>CARIBBEAN MEDICAL LAB</b>	Montrose Ave.....677.4200
	<b>FOURTH TERRACE DIAGNOSTIC CENTRE</b>	Centreville.....328.8157 Grosvenor.....325.1036 Carmichael.....361.3650
	<b>ADVANCED MRI (5% OFF) OPEN MRI (5% OFF)</b>	Caves Village.....327.2604 Harbour Bay.....393.1886
	<b>A.S.A. ULTRASOUND SERVICES (20% OFF)</b>	Montrose Ave.....677.4200
	<b>EXUMA FAMILY MEDICINE CLINIC (10% OFF LAB SERVICES) *EXCLUSIONS APPLY</b>	Georgetown.....336.2001

## 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 PCR - 10% Discount
	<b>BONAVENTURE LAB SANDYPORT, WULFF ROAD &amp; CENTREVILLE, NASSAU Tel: 328.3518 WEST MALL DR, GRAND BAHAMA Tel: 352.5220</b>	Rapid Antigen - 25% Discount PCR - 10% Discount
	<b>LUCAYAN MEDICAL CENTRE GRAND BAHAMA</b>	Rapid Antigen - 25% Discount PCR - 10% Discount

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

## ABACO LAB & IMAGING

**AUSKELL MEDICAL & INTEGRATED MEDICAL CENTRE BOTH OFFERING 10%**

## NEW PROVIDENCE PHARMACIES

	<b>CENTREVILLE PHARMACY</b> 79 Collins Ave.....325.4644 Wilton & Mackey St.....394.3011		<b>PARADISE PHARMACY</b> Gold Circle House.....393.8368
	<b>DOC'S PHARMACY</b> Ridgeland Mall.....322.3627		<b>PRESCRIPTION PARLOUR</b> East St. South.....356.3973 Carmichael Rd.....341.8129/30/31/33
	<b>FRIENDLY PHARMACY</b> Bay St. & Eliz. Ave.....323.0051 Cable Beach.....327.6350 Old Fort Bay Plaza.....377.4449		<b>THE PEOPLE'S PHARMACY</b> Carmichael Rd.....341.1930 Prince Charles Dr.....393.9432 Soldier Rd.....361.0095
	<b>TRAVELER'S DRUGS</b> Gladstone Rd.....819.2031		<b>LIFELINE PHARMACY</b> East Bay Shopping Centre.....677-9917 816-3635 (Whatsapp)

## GRAND BAHAMA + EXUMA PHARMACIES

	<b>CHAPPIES PHARMACY</b> East Sunrise Hwy.....374.4721 Grand Bahama		<b>PRESCRIPTION PARLOUR</b> Eight Mile Rock.....348.1155 Grand Bahama
	<b>HEALTH ENHANCING PHARMACY</b> 1 West Mall Dr.....352.7327 Grand Bahama		<b>SAV-MOR DRUGS</b> East Mall, FPO.....351.4700 Grand Bahama
	<b>LUCAYAN MEDICAL CENTRE</b> East Sunrise Hwy.....373.7400 Grand Bahama		<b>SMITTY'S PHARMACY</b> Georgetown.....336.2144 Exuma

## ABACO PHARMACIES

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

## 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

