

SPECIALIST PHYSICIANS 10% - 40% DISCOUNT

NEW PROVIDENCE		
SPECIALTY	PROVIDER	TELEPHONE
Cardiology & Vascular Surgery	Dr. Duane Sands	356.9146
Child Development	Dr. Michelle Major	393.5963
Chiropractor	Dr. Dwight Marshall	328.2225
Colonics	Mrs. Nathelyn LaCroix	323.0610
Pediatrics	Dr. Carlos Thomas	325-8028
Dermatology	Dr. Herbert Orlander	326.6229
Dermatology	Dr. Mandela Kerr	323.3400
Diabetes Educator	Mrs. Margaret Daxon	427.6427
Diagnostics	Fourth Terrace Diagnostics	328.8157
Ear, Nose, Throat	Dr. Charles Johnson	326.4148
Gastroenterology & Internal Medicine	Dr. Harold Munnings	328.5550
General Medicine	Dr. Beverton Moxey	328.1119
Gynecologist	Dr. Suneetha Diyya	603.4440
Imaging & Ultrasounds	Fourth Terrace Diagnostic Centre	328.8157
Internal Medicine	Dr. Sheena Antonio	328.1119
Nursing Services	Happy Healing Home Care	806.4325
Oncology	Dr. Duvaughn Curling	325.6284
Oncology	Dr. Theodore Turnquest	325.6284
Orthopedic Surgeon	Dr. Murthy Gali	557.5766
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
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. Kirstene Albury-Harris	351.9015
Orthopedic Services	Dr. H. Freeman Lockhart	374.3067/8
OBGYN	Dr. Michael Parkinson	373.3333
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 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 Manag-  
ment Building  
Tel: 352.5756

MENTAL HEALTH BENEFITS

DR. DAVID ALLEN  
The Discovery Clinic

Lagoon Court, Olde Towne,  
Sandport  
327-8719

PASTOR FREDERICK ARNETT  
Christian Counselling Centre

58 Collins Avenue  
323-7000

CHRISTINA JOHNSON  
Brightside Bahamas

425-1542



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, 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	\$600
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®.
- 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)



## 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

## 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](https://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 HEALTH EXAM REQUIRED**

**FREE PRIMARY CARE DOCTOR VISITS**

**NO CO-PAYMENT, DEDUCTIBLE OR CLAIM FORMS REQUIRED**

**YOU CAN ADD ANYONE TO YOUR PLAN**

**SMALL FEE FOR SOME PROCEDURES**

## 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

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

## NEW PROVIDENCE PHYSICIANS

Providers subject to change without prior notice.

**ADVANCED HEALTH CENTER (BAHAMAS) | Dr. Forrestall Dorsett**  
E Montrose Ave. | Tel: 393.0614  
Tuesday & Thursday: 9am-4pm, Saturday 9am-12pm, Sunday: Closed (Walk-ins welcome)

**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  
By Appointment Only

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

**STELLAR URGENT CARE | Dr. Christopher Clarke**  
Malcolm Allotment East | Tel: 828.3984  
Monday-Friday : 9am-6pm, Saturday 9am-1pm, Sunday: Closed (Walk-Ins Welcome)

**FAMILY MEDICAL CLINIC | Dr. Gregory Carey**  
St. Luke's Medical Centre, 54 Collins Ave | Tel: 326.3433  
By Appointment Only

**MOUNT OLIVE MEDICAL CENTER | Dr. Ketroya Oliver-Brown**  
Robinson Rd. and Fourth St. | Tel: 603-4440  
Monday-Friday : 9am-9pm, Saturday 10am-3pm, Sunday: Closed (Walk-Ins Welcome)

**NASSAU HEALTHCARE LIMITED | Dr. Leo Ignacio**  
Shoppes of Southwest | Tel: 341-5110 or 341-5101 or 456-2653  
By Appointment Only

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

**SERENE MEDICAL CENTRE | Dr. Charmaine Bodie**  
Reivax Plaza, Soldier Rd. | Tel: 341.0700  
By Appointment Only

**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 FAMILY CARE & CONCIERGE | Dr. Tamarra Moss (Pediatrician)**  
#8 Seahorse Road Unit 1 Lucaya Shopping Center | Ph: 688-5322  
(By Appointment Only)

**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

**PINNACLE MEDICAL CLINIC | Dr. Kirsten Albury - Harris**  
Atlantic Drive | Tel: 351.9015  
Mon - Fri: 8:30am-5:00pm, Every 3rd Sat: 8:30am-1pm

**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

**AUSKELL MEDICAL CENTRE**  
Forest Dr. Dundas Town | Tel: 577.0113 or 814.7320  
Mon - Fri: 9am-3pm, Sat & Sun: Closed

**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

**LUCAYAN'S FAMILY CARE & CONCIERGE | Dr. Khia King-Strachan**  
Suite 4A Teachers & Salaried Workers Co-Op Building | Tel: 817.1255  
Mon - Fri: 8:30am-5:30pm, Alternate Saturdays 9am to 1pm (Please Call the Clinic)

## ANDROS PHYSICIANS

**ALL ANDROS COMPREHENSIVE CLINIC | Dr. Danielle Strachan & Dr. Drumeco Bowleg**  
Queens Hwy, San Andros, North Andros | Tel: 437.5238  
Mon - Thurs: 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 Sandyport.....327.2230
	<b>BIOTECH MEDICAL LABORATORY</b>	343 Exquisite Sq...394.1837 East St. & Robinson Rd.
	<b>CARIBBEAN MEDICAL LAB</b>	Montrose Ave.....677.4201
	<b>SOUTHERN COMMUNITY GENERAL CLINIC</b>	Montrose Ave.....328.6360
	<b>OPEN MRI (5% OFF)</b>	Harbour Bay.....393.1886
	<b>FOURTH TERRACE DIAGNOSTIC CENTRE</b>	Centreville.....328.8157 Grosvenor.....325.1036 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>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>BONAVENTURE LAB</b>	Kipling Ln, FPO....352.5220
	<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</b> SOLDIER RD, NASSAU	<b>Rapid Antigen - 33% Discount</b> PCR - 10% Discount
	<b>BONAVENTURE LAB</b> SANDYPORT, WULFF ROAD & CENTREVILLE, NASSAU Tel: 328.3518 WEST MALL DR, GRAND BAHAMA Tel: 352.5220	<b>Rapid Antigen - 25% Discount</b> PCR - 10% Discount
	<b>LUCAYAN MEDICAL CENTRE GRAND BAHAMA</b>	<b>Rapid Antigen - 25% Discount</b> 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%**  
Tel: 557.0113

## 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

**PRESRIPTION PARLOUR**  
East St. South.....356.3973  
Carmichael Road.....341.8129

**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 CENTRE**  
East Sunrise Hwy.....373.7400  
Grand Bahama

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

## NEW PROVIDENCE VISION BENEFITS

### VISION SPECIALIST

**FAMILY EYE CARE CENTRE**  
Dr. Charlene Wallace-Ferguson

Rosette & Alexander St  
Tel: 322.3393

Eye Exam - 12% Discount  
Glasses (Frame) 15% Discount

### 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