

BIG NETWORK. SMALL PRICE. REAL COVERAGE.

From checkups to specialists, we've got the network and the savings.

With FirstCare, you get unlimited private doctor visits and big savings at labs, specialists, dentists, and more - all for one low monthly fee.

Your membership includes access to over 30 doctors, 40+ specialists, and a growing network across The Bahamas and throughout the U.S. It's not insurance. It's simple, everyday healthcare that actually fits your life and your budget.

Care for Everyone. No Exceptions.

- ✓ No Health Exam Needed
- ✓ Everyone Accepted, No Age Limit
- ✓ Preexisting Conditions Welcome
- ✓ Add Anyone to Your Plan

The care you need. Discounts you'll love.



FREE, Unlimited Primary Care Visits

More than 40 trusted Primary Care Doctors in The Bahamas and throughout the US.



Specialists, Labs, Pharmacies Imaging & Urgent Care

Access to trusted specialists, labs, and top pharmacies, all at discounted rates.



Dental & Vision

Save up to 20% on dental and vision care at 7+ trusted providers across The Bahamas.



FirstCare Rewards

Save 5% - 25% on Health & Beauty, Automotive, Retail, Food, Travel, Legal, Automotive & More!



USA Benefits

Access care across the US with free primary care visits and discounted rates on specialists, labs, pharmacies and more.

Scan Here to Join Now!



**Affordable
Monthly Cost**

Each Adult
\$49.50

Each Child
\$38.50

YOUR HEALTH, YOUR PLAN.

Provider Listing (GPs, Labs, Pharmacies)

General Practitioners	
New Providence	
Advanced Health Center	Mount Olive Medical Center
Cesslyn Pediatrics	Nassau HealthCare Ltd.
Chelsea Wellness Centre	Pat's Medical Clinic
Complete Family Practice	Serene Medical Centre
Family Medical Clinic	Stapledon Family Practice
Hurricane Hole Urgent Care	Stellar Urgent Care
Grand Bahama	
Family Wellness Centre	Lucayan's Family Care & Concierge
Pinnacle Medical Clinic	The New Sunrise Medical Centre
Wellness Centre	
Eleuthera	
Family Medical Centre	Mindshift Mission Clinic
Exuma	
Exuma Family Medical Clinic	
Abaco	
Auskell Medical Centre	Integrated Medical Centre
Lucayan's Family Care & Concierge	
Andros	
All Andros Comprehensive Clinic	
Labs & Imaging	
New Providence	
Bonaventure Lab	Open MRI
Biotech Medical Laboratory	Fourth Terrace Diagnostic Centre
Caribbean Medical Lab	Advanced MRI
Southern Community General Clinic	A.S.A. Ultrasound Services
Grand Bahama	
Alpha Medical & Analytical Lab	Bonaveture Lab
Lucayan Medical Centre	The New Sunrise Medical Centre
The Wellness Lab	
Abaco	
Auskell Medical & Integrated Medical Centre	
Pharmacies	
New Providence	
Centreville Pharmacy	Doc's Pharmacy
Friendly Pharmacy	Lifeline Pharmacy Concierge
Paradise Pharmacy	Prescription Parlour Pharmacy
The People's Pharmacy	
Grand Bahama	
Chappie's Pharmacy	Lucayan Medical Centre
Health Enhancing Pharmacy	Prescription Parlour Pharmacy
Sav-More Drugs	Smitty's Pharmacy
Abaco	
Abaco Island Pharmacy	
Exuma	
Smitty's Pharmacy	

Scan Here to Full Benefits



Visit Our Website for Full Provider & Benefit Listing
firstcaremedicalplan.com

The Bahamas' #1 Health & Wellness Plan!

New Providence | Grand Bahama | Eleuthera | Exuma | Andros | Abaco | USA



FIRSTCARE
MEDICAL PLAN

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)



Scan Here to Visit Website



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EXPERIENCED DOCTORS YOU CAN TRUST

Primary Care Doctors

See any private doctor you choose, as often as you need.
No visit limits. No assigned physician. Just easy, flexible
access to care on your terms. That's the FirstCare difference.

Straightforward. Affordable. Stress-free.

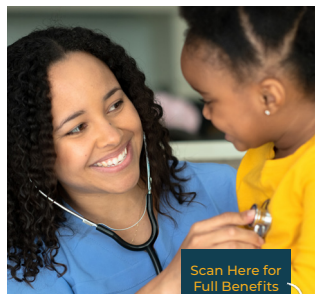
No copays, no claims, and no surprises.
Just straightforward access to care you can actually use.

GP Services | Free

- 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)

GP Services | 50% Off

- Wound Dressing (No Burns)
- Asthma Treatment w/ Nebulizer
- Contraceptive Injections
- Immunizations
- Abcess Treatment
- Shots/Vaccines



Scan Here for
Full Benefits



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SEE BETTER. SMILE BRIGHTER.

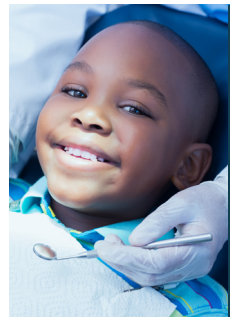
Dental & Vision Benefits

Enjoy up to 20% off dental services and vision care, including
eye exams, frames, and visual field testing.

Dentists

Up to 20% Discount

- Bayview Dental Centre
- Center for Specialized Dentistry
- The Dental Care Centre
- We Care Family Dental



Orthodontists

Up to 13% Discount

- Bahamas Orthodontic Centre

Vision

Eye Exam - 12% Discount,
Glasses (Frame) - 15% Off
Visual Field - 20% Off

- Family Eye Care Centre
- Palmdale Vision Centre



FirstCare USA Benefits

GPs, Labs, Pharmacies, Imaging & Packages!



General Practitioners

Free Primary Care Visits
throughout the US.



Labs & Imaging

Save up to 50% at in-network
labs. Enjoy discounts at
participating imaging centers.



Pharmacies & Urgent Care

Save up to 40% at hundreds of
pharmacies. Discounts at CVS
Minute Clinics.



FirstCare USA Rewards

Save on hotel stays, car
rentals and more. Visit
website for details.

Visit Our Website for Full Provider & Benefit Listing
firstcaremedicalplan.com



AFFORDABLE CARE. UNMATCHED PEACE OF MIND.

Enhanced Member Benefits

Exclusive discounts on specialists, labs, pharmacies,
counseling and more.



Annual w/ Select Labs

1 Free Per Year

Any In-Network Physician
Labs - Bonaventure



Lab Services

Selected Annual Labs Free (1 per/Year)
30% Discount

Bonaventure Lab (NP & GB)
Auskell Medical Centre (Abaco)



Imaging

2 Free XRay or Ultrasound

Fourth Terrace (NP)
Lucayan Medical (GB)
Auskell Medical Centre (Abaco)



Prescriptions

FREE Generic HBP & Diabetic Meds
30% Off All Others

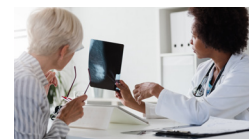
Friendly Pharmacy (NP)
Chappies Pharmacy (GB)
Abaco Island Pharmacy



Counseling

2 Free Individual or Family

Brightside Bahamas (Virtual Available)
Christian Counselling Centre



Mammogram

1 Free Annually (Age 30+)

Fourth Terrace - (NP)
Lucayan Medical (GB)



Urgent Care

Free Visit 30% Discount on
Other Services

Hurricane Hole Urgent Care
Stellar Urgent Care



Nutrition

1 Free Consultation Annually

Trinity Wellness Centre

Visit Our Website for Full Provider & Benefit Listing
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