

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 & More!



#### USA Benefits

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

**Affordable Rate**  
Network in New Providence,  
Grand Bahama, Andros,  
Abaco, Eleuthera, Exuma  
& The USA!

Each Adult  
**\$49.50**

Each Child  
**\$38.50**

Scan Here to  
Join Now!



YOUR HEALTH, YOUR PLAN.

### Provider Listing (GPs, Labs, Pharmacies)

#### General Practitioners

##### New Providence

Cesslyn Pediatrics   Dr. Yashica Seymour-Hanna	Nassau HealthCare Ltd.   Dr. Leo Ignacio
Chelsea Wellness Centre   Dr. Elsa Wilson	Pat's Medical Clinic   Dr. Glen Beneby
Complete Family Practice   Dr. Brian Tynes	Serene Medical Centre   Dr. Charmaine Bodie
Family Medical Clinic   Dr. Gregory Carey	Stapledon Family Practice   Dr. Gertrude Holder
Family Medicine Center   Dr. Graham Cates	Stellar Urgent Care   Dr. Christopher Clarke
Hurricane Hole Medical Center   Dr. Victoria Kelly	The Medi-Center   Dr. Chris Basden
Mount Olive Medical Center   Dr. Ketroya Oliver-Brown	Glass Bridge Medical   Dr. Bonji Gaitor

##### Grand Bahama

Family Wellness Centre   Dr. Kevin Bethel	Lucayan's Family Care & Concierge   Dr. Tiadra Dorsett-Johnson
Pinnacle Medical Clinic   Dr. Kirstene Albury-Harris	Lucayan's Family Care & Concierge   Dr. Tamara Moss
Wellness Centre   Dr. Leviticus Rolle	The New Sunrise Medical Centre   Dr. Michael Parkinson

##### Eleuthera

Family Medicine Centre   Dr. Zenna Friend-Sturup	Next Gen Wellness   Dr. Andrea Culmer
--	---------------------------------------

##### Exuma

Exuma Family Medical Clinic   Dr. Deval Rolle	Oasis Medical   Dr. Lakeisha Pinder-Nixon
---	---

##### Abaco

Auskell Medical Centre   Ms. Angie Collie	Lucayan's Family Care & Concierge
Integrated Medical Centre   Dr. George Charite	

##### Andros

All Andros Comprehensive Clinic   Dr. Danielle Strachan-Bowleg & Dr. Drumeco Bowleg	
---	--

#### Labs & Imaging

##### New Providence

Advanced MRI	Fourth Terrace Diagnostic Centre
A.S.A. Ultrasound Services	Family Medicine Center
Bonaventure Lab	Open MRI
Biotech Medical Laboratory	Southern Community General Clinic
Caribbean Medical Lab	The Medi-Center

##### Grand Bahama

Alpha Medical & Analytical Lab	The New Sunrise Medical Centre
Bonaventure Lab	The Wellness Lab
Lucayan Medical Centre	

##### Abaco

Auskell Medical & Integrated Medical Centre	
---	--

#### Pharmacies

##### New Providence

Centreville Pharmacy	Paradise Pharmacy
Doc's Pharmacy	Prescription Parlour Pharmacy
Family Medicine Center	The People's Pharmacy
Friendly Pharmacy	The Medi-Center
Lifeline Pharmacy Concierge	

##### Grand Bahama

Chappie's Pharmacy	Prescription Parlour Pharmacy
Health Enhancing Pharmacy	Sav-Mor Drugs
Lucayan Medical Centre	Medical Pavilion Pharmacy

##### Abaco

Abaco Island Pharmacy
-----------------------

##### Exuma

Smitty' Pharmacy
------------------

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)



Visit Our Website for Full Provider & Benefit Listing

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

**Affordable Rate**  
Network in New Providence,  
Grand Bahama, Andros,  
Abaco, Eleuthera, Exuma  
& The USA!

Each Adult  
**\$49.50**

Each Child  
**\$38.50**

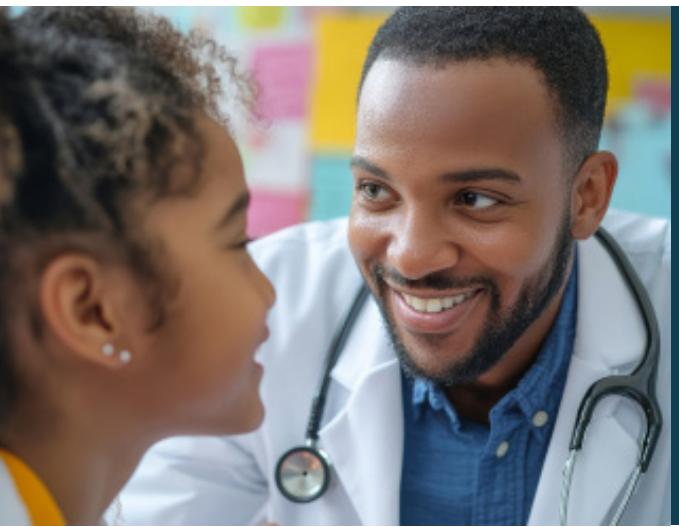
Scan Here to  
Join Now!



Volume 020326

Scan Here to  
Join Now!





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 Exam (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
- Abscess Treatment
- Shots/Vaccines



Scan Here to Learn More



Visit Our Website for Full Provider & Benefit Listing  
[firstcaremedicalplan.com](http://firstcaremedicalplan.com)

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 15% Discount

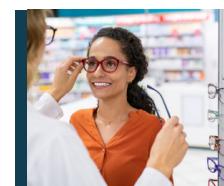
- Bayview Dental Centre
- Center for Specialized Dentistry
- The Dental Care Centre
- We Care Family Dental



### 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](http://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



### Imaging

2 FREE X-rays per year  
Ultrasound: 10-15% Off per visit

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



### Prescriptions

FREE Generic HBP &  
Diabetic Meds\* 30% Off  
All Others\*

Friendly Pharmacy (NP)  
Chappie's 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

Hurricane Hole Medical Center  
Stellar Urgent Care  
The Medi-Center

\*Terms and conditions apply.



Visit Our Website for Full Provider & Benefit Listing  
[firstcaremedicalplan.com](http://firstcaremedicalplan.com)