

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.

Scan Here to Join Now!



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

Each Adult
\$49.50

Each Child
\$38.50

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. Tamarra 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	Smitty' Pharmacy

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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)



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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 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



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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 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.

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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 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



Nutrition

1 Free Consultation Annually

Trinity Wellness Centre

*Terms and conditions apply.

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