

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	
<b>New Providence</b>	
Cesslyn Pediatrics   Dr. Yashica Seymour-Hanna	Mount Olive - Robinson Rd.   Dr. Ketroya Oliver-Brown
Chelsea Wellness Centre   Dr. Elsa Wilson	Nassau HealthCare Ltd.   Dr. Leo Ignacio
Complete Family Practice   Dr. Brian Tynes**	Pat's Medical Clinic   Dr. Glen Beneby
Family Medical Clinic   Dr. Gregory Carey**	Serene Medical Centre   Dr. Charmaine Bodie
Family Medicine Center   Dr. Graham Cates	Stapledon Family Practice   Dr. Gertrude Holder
Hurricane Hole Medical Center   Dr. Victoria Kelly	The Medi-Center   Dr. Chris Basden
<b>Grand Bahama</b>	
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
<b>Eleuthera</b>	
Family Medicine Centre   Dr. Zenna Friend-Sturup	Next Gen Wellness   Dr. Andrea Culmer
<b>Exuma</b>	
Exuma Family Medical Clinic   Dr. Deval Rolle	Oasis Medical   Dr. Lakeisha Pinder-Nixon
<b>Abaco</b>	
Auskell Medical Centre   Ms. Angie Collie	Integrated Medical Centre   Dr. George Charite
<b>Andros</b>	
All Andros Comprehensive Clinic   Dr. Danielle Strachan-Bowleg & Dr. Drumeco Bowleg	
<b>Labs &amp; Imaging</b>	
<b>New Providence</b>	
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	
<b>Grand Bahama</b>	
Alpha Medical & Analytical Lab	The New Sunrise Medical Centre
Bonaventure Lab	The Wellness Lab
Lucayan Medical Centre	
<b>Abaco</b>	
Auskell Medical Centre	Integrated Medical Centre
<b>Pharmacies</b>	
<b>New Providence</b>	
Centreville Pharmacy - 10% Off	Lifeline Pharmacy Concierge - 10% Off
Doc's Pharmacy - 10% Off	Paradise Pharmacy - 10% Off
Family Medicine Center - 10% Off	Prescription Parlour Pharmacy - 10% Off
Friendly Pharmacy - 30% Off	The People's Pharmacy - 10% Off
<b>Grand Bahama</b>	
Chappie's Pharmacy - 30% Off	Prescription Parlour Pharmacy - 10% Off
Health Enhancing Pharmacy - 10% Off	Sav-Mor Drugs - 10% Off
Lucayan Medical Centre - 10% Off	Medical Pavilion Pharmacy - 10% Off
<b>Abaco</b>	
Abaco Island Pharmacy - 30% Off	Smitty's Pharmacy - 10% Off

\*\*Does not administer immunizations.  
\*\$20 Visit Fee

Scan Here to Join Now!



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

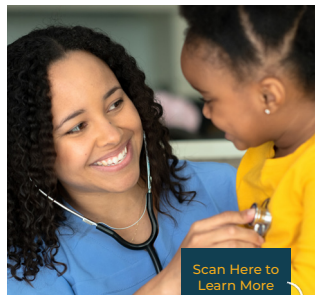
No copays, no claims, and no surprises. Just straightforward access to care you can actually use.

#### 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



AFFORDABLE CARE. UNMATCHED PEACE OF MIND.

## Enhanced Member Benefits

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



### Annual Physical w/ Select Labs\*

1 Free Per Year

Visit any in-network physician. Free select labs are available only at Bonaventure Labs and Auskell Medical Centre



### Lab Services

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

Bonaventure Lab  
 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

Generic HBP & Diabetic Meds Free Up to \$30 | 30% Off All Others\*

Friendly Pharmacy (NP)  
 Chappie's Pharmacy (GB)  
 Abaco Island Pharmacy (Abaco)



### Counseling

2 Free Sessions (Individual or Family)

Beyond Our Health  
 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  
 The Medi-Center



### Nutrition

1 Free Consultation Annually

Trinity Wellness Centre

\*Select annual labs are CBC, lipid profile, SMAC 25, A1C, PSA, drug screen (2 panel), and urinalysis. Terms and conditions apply.



## 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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