

OTHER LABS & IMAGING

5-20% DISCOUNTS

NEW PROVIDENCE

- Advanced MRI
- A.S.A Ultrasound Services
- Atlas Medical Laboratory
- Biotech Medical Laboratory
- Caribbean Medical Lab
- Family Medicine Center
- Kelso Medical Laboratory
- Open MRI

GRAND BAHAMA

- Alpha Medical & Analytical Lab
- The New Sunrise Medical Centre
- The Medical Pavilion
- The Wellness Lab

ELEUTHERA

- Kelso Medical Laboratory



10% DISCOUNT
AT SELECT PHARMACIES

NEW PROVIDENCE

- Centreville Pharmacy
- Doc's Pharmacy
- The People's Pharmacy
- Prescription Parlour Pharmacy
- Paradise Pharmacy
- Family Medicine Center

GRAND BAHAMA

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

ABACO

- Colossal Pharmacy

FIRSTCARE
GLOBAL CARE



USA BENEFITS

FREE Primary Care Visits in the USA

The FirstCare concierge will schedule your visit with a general physician anywhere in the USA. Please book at least 7 days in advance.

Labs & Imaging

Save up to 50% at in-network labs and imaging centers.



Pharmacies & Urgent Care

Save up to 40% at hundreds of pharmacies. Urgent care is discounted at CVS Minute Clinics.



SELF-PAY PACKAGES - COSTA RICA AND USA

- | | |
|--------------------|--|
| ✓ General Surgery | ✓ Gynecology, Fertility, and Maternity |
| ✓ Orthopedics | ✓ Dental |
| ✓ Cancer Treatment | ✓ Eye Care |
| ✓ Pediatrics | ✓ Executive Physicals |

Full-service concierge service is available for members seeking care in Costa Rica. Prices in Costa Rica are up to 60% less than comparable services in the USA. Contact the FirstCare concierge at pr@firstcaremedicalplan.com for more details.

Scan Here to Join Now!
firstcaremedicalplan.com



MEMBER
REWARDS

5-25% DISCOUNTS

BAHAMAS REWARDS

Enjoy discounts at over 50 businesses including:



Visit firstcaremedicalplan.com to view 50+ Member Rewards.

USA REWARDS

Book through FirstCare's website using your member ID.

- Hotels: up to 15% off
- Car Rentals: 10% off



The Bahamas' #1 Health & Wellness Plan!

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



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)

Email: info@firstcaremedicalplan.com



Scan Here to
Join Now!

firstcaremedicalplan.com





WELCOME TO FIRSTCARE

Established in 2009, **FirstCare Medical Plan** is a primary healthcare membership program dedicated to delivering accessible, affordable private medical care. Designed with convenience and quality in mind, FirstCare supports members throughout The Bahamas with added flexibility to access care in the USA and Costa Rica. The plan is ideal for individuals, families, and organizations seeking dependable primary healthcare solutions that encourage prevention, continuity of care, and peace of mind.

Care for everyone. No exceptions.

- ✔ You cannot be turned down.
- ✔ No health exam required.
- ✔ Any age can join.
- ✔ Pre-existing conditions are accepted.
- ✔ No co-payment, deductible or claim forms required.
- ✔ You can add anyone to your plan.
- ✔ Start using immediately after sign-up is completed.
- ✔ Enjoy Unlimited Free In-Network Primary Care Doctor Visits.

Affordable Monthly Rates

Adult (18 years and older):

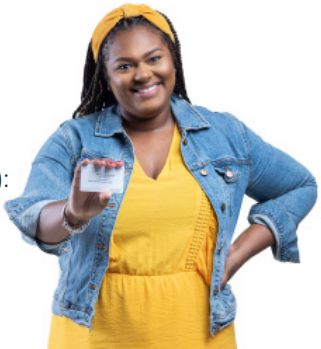
\$49.50

VAT inclusive

Children (17 years and younger):

\$38.50

VAT inclusive



FIRSTCARE ENHANCED BENEFITS

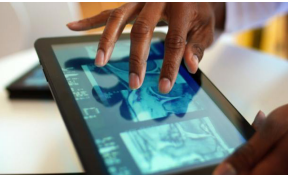
Annual Physicals



- **1 FREE per year**
- **Visit any in-network physician.**

Free select labs are available only at Bonaventure Labs and Auskell Medical (Abaco).

Imaging



- **2 FREE x-rays annually**
- **10-15% off ultrasounds & 10% off other imaging per service**

Available at: Fourth Terrace (New Providence), Family Medicine Center (New Providence), Hurricane Hole Medical Center (Paradise Island), Lucayan Medical Centre (Grand Bahama), Auskell Medical (Abaco)

Urgent Care



- **The Medi-Center** (Prince Charles Drive, New Providence) *FREE doctor visits*
- **Hurricane Hole Medical Center** (Paradise Island) *FREE doctor visits and up to 30% off other services*

Counselling & Therapy



- **2 FREE counselling sessions annually (individual or family)**

Available at: Beyond Our Health (New Providence), Brightside Bahamas (New Providence and virtual available), Christian Counselling Centre (New Providence)

Lab Services



- **1 FREE set of annual labs** (CBC, Lipid Profile, CMP, A1C, PSA, Drug Screen 2-panel, Urinalysis)
 - **30% off pap smear**
 - **30% off additional lab services**
- Available at: Auskell Medical (Abaco), Bonaventure Lab (New Providence, Grand Bahama, Exuma, Long Island)

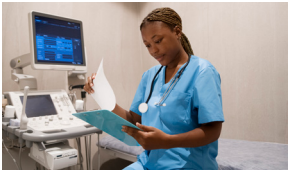
Prescriptions



- **Generic high blood pressure & diabetic medications FREE up to \$30**
- **30% off all other medications up to \$100 total discount per visit**

Available at: Abaco Island Pharmacy, Your Friendly Pharmacy (New Providence), Perfect Pharma Solutions Pharmacy (New Providence), Chappie's Pharmacy (Grand Bahama), Smitty's Pharmacy (Exuma)

Mammogram



- **1 FREE annually (Age 30+)**

Available at: Fourth Terrace (New Providence), Lucayan Medical Centre (Grand Bahama)

Nutrition



- **1 FREE nutrition virtual consultation annually**

Available at: Trinity Wellness (New Providence)

IN-NETWORK GENERAL PHYSICIANS

Free office visits

- annual physicals
- general medical and sick visits
- basic health certificates
- non-emergency accidents
- diabetic checks
- digital prostrate exams
- IV fluids (1st bag, not with antibiotics)
- minor foreign object removal
- wound closure (1st five stitches)
- breast exams
- high blood pressure checks

50% discounted procedures

- wound dressing (no burns)
- asthma treatment with nebulizer
- contraceptive injections
- immunizations
- abscess treatment
- shots / vaccines

NEW PROVIDENCE

Cesslyn Pediatrics (East & 3rd Terrace off Collins Avenue, 4th floor) *Dr. Yashica Seymour-Hanna*
Chelsea Wellness Centre (61 A Village Road) *Dr. Elsa Wilson*
Complete Family Practice (Robinson Road) *Dr. Brian Tynes*
Family Medicine Center (Blake Road) *Dr. Graham Cates*
Family Medical Clinic (#3 Grosvenor Close off Shirley Street) *Dr. Gregory Carey*
Mount Olive Medical Center (Robinson Road location only) *Dr. Ketraya Oliver-Brown*
Nassau HealthCare Limited (Carmichael Road) *Dr. Leo Ignacio*
Pat's Medical Clinic (Soldier Road) *Dr. Glen Beneby*
Serene Medical Centre (Reivax Plaza, Soldier Road) *Dr. Charmaine Bodie*
Stapledon Family Practice (Bethel Avenue) *Dr. Gertrude Holder*

GRAND BAHAMA

Family Wellness Centre (East Sunrise Highway)**Dr. Kevin Bethel*
Lucayan's Family Care & Concierge (Seahorse Road) *Dr. Tiadra Dorsett-Johnson, Dr. Tamarra Moss*
Pinnacle Medical Clinic (19 W Atlantic Drive Suite #2) *Dr. Kirstene Albury-Harris*
The New Sunrise Medical Centre (East Sunrise Highway) *Dr. Michael Parkinson*
Geneva Wellness Centre (#3 East Beach Drive) *Dr. Leviticus Rolle*

ABACO

Auskell Medical Centre (Forest Drive, Marsh Harbour) *Ms. Angie Collie*
Integrated Medical Centre (Resilience Square, Marsh Harbour) *Dr. George Charite*

ELEUTHERA

Family Medicine Center (Sherman's Highway, Rock Sound) *Dr. Zenna Friend-Sturru*
Next Gen Wellness (Covering Gregory Town to Rock Sound) *Dr. Andrea Culmer*

EXUMA

Exuma Family Medical Clinic (Queen's Highway, Georgetown) *Dr. Deval Rolle*
Oasis Medical (Dixie Plaza, Georgetown) *Dr. Lakeisha Pinder-Nixon*

ANDROS

All Andros Comprehensive Clinic (Queen's Highway, San Andros, North Andros) *Dr. Danielle Strachan-Bowleg and Dr. Drumeco Bowleg*

*Services and procedures may vary by physician. Please contact the physician's office to confirm the availability of specific services. *Dr. Kevin Bethel charges a \$22 office visit fee.*

NEW PROVIDENCE - SPECIALISTS

Specialty	Specialist	Practice	Office Visit Discounts
Dental			
Dentistry	Dr. Gill Gibson & Dr. Marsha Williams-Bethel	Bayview Dental Centre	10-15%
Dentistry	Dr. Nordia Bedward-Davis	We Care Family Dental	10-15%
Dentistry	Dr. Kendal Major and Dr. Candace Lockhart-Bastian	Centre for Specialized Dentistry	up to 15% starting with 2nd visit
Vision			
Vision	Dr. Charlene Wallace-Ferguson	Family Eye Care Centre	up to 20%
Vision	Dr. Ebbie Shearer-Jackson	Palmdale Vision Centre	up to 20%
Rehabilitation			
Wellness & Rehab	Mr. Terrell Major	Major Changes Rehab Centre	20%
Wellness & Rehab	Ms. Kitiboni Adderley	Handling Your Health	15%
Physiotherapy	Mrs. Hannah Foster-Genesis	Genesis Physiotherapy	15%
Physiotherapy	KTH Physiotherapy Service Ltd.	KTH Physiotherapy Service Ltd.	15%
Physical Therapy	Dr. Miquelia Rolle	Paramount Rehabilitation and Fitness Bahamas	20%
Chiropractor	Dr. Dwight Marshall	ProActive Chiropractic & Wellness Cente	40% off first two visits
Other Specialties			
Cardiology & Vascular Surgeon	Dr. Duane Sands	Hawkins Hill Medical Centre	10%
Colonics	Mrs. Nathelyn LaCroix	Wholistic Lifestyle	10%
Counselling & Therapy	Pastor Frederick Arnett	Christian Counselling Centre	1st two visits free then \$65/hour
Dermatology	Dr. Herbert Orlander	St. Luke's Medical Centre	30%
Dermatology	Dr. Mandela Kerr	Executive Family Medical Center	20%
In-Home Nursing	Ms. Angelique Griffin	Happy Healing Home Care	10%
Mental Health/ Therapy	Ms. Rickell Curry	Beyond Our Health	1st two visits free then 20%
Nutritionist	Ms. Shandera Smith	Trinity Wellness Center	1st visit free then 20%
OB/GYN	Dr. Suneetha Diyya	Mount Olive Medical Centre	Call for rates.
Orthopedic Surgeon	Dr. Murthy Gali	Nassau Orthopedics	up to 40%
Orthopedic Surgeon	Dr. Winston Phillips	Nassau Orthopedics	up to 40%
Pediatrics	Dr. Carlos Thomas	Pediatrics Associates	15%
Podiatry	Dr. Daniel (Dan-ny) Johnson	Foot and Ankle International	up to 20%
Psychiatry	Dr. David Allen	The Discovery Clinic	15%
Wellness & Mental Health	Ms. Christina Johnson	Brightside Bahamas	1st two visits free then 15% discount

Specialists and discounts are subject to change.