



MOONGATE GROUP



MOONGATE
EVACUATION SERVICES

HealthGap

Schedule of Benefits



Updated as of
MAY 19, 2025

HG –MAY 2025

MOONGATE GROUP

Ground Floor, Sofia House, 48 Church Street

HealthGap

Schedule of Benefits

Category	Vendor	Vendor Contact	Benefit Rate
AIR AMBULANCE 	MoonGate Evacuation Services Tel: 542-2200	MoonGate Group Website: www.moongatebda.bm	• Full Air Ambulance Coverage (including return, if necessary) • Travel Expenses • Commercial Air Transportation – American Airlines, Delta, etc. • Return Transportation • Non-Injury Transportation • Recuperation / Repatriation • Helicopter Transportation • Escort Transportation • Minor Children Return • Ground Ambulance (<i>when emergency air transportation is required</i>) • Organ Retrieval / Organ Recipient Transportation • Mortal Remains Transport • Vehicle Return • Worldwide Coverage
ACUPUNCTURE	COHA LTD Tel: 295-7612 Website: www.cohahealth.com Email: mail@cohahealth.com	78 Happy Valley Road Devonshire DV 03	• 5% off \$200.00 - Selected Products

ACUPUNCTURE	My Sereni-Tea Ms. Deryn Higgins Tel: 296-2114 www.myserenitea.com	Bermudiana Arcade 4 th Fl 27 Queen Street Hamilton HM 11	• 10% - Acupuncture (redeemable after 3rd treatment) • 10% - Cupping (redeemable after 3rd treatment) • 10% - Massage (redeemable after 3rd treatment) • 10% - Energy Balancing (redeemable after 3rd treatment)
CARDIOLOGY SERVICES	Cardio Care Diagnostics Tel: 621-2233 Email: cardiocarediagnostics@gmail.com	Suite #1 3 Park Road Hamilton HM 09	• 30% - Holter/MCT services (non-insured patients) • 10% - All Other Services (non-insured patients)
CHIROPRACTIC SERVICES	Advanced Chiropractic Wellness Center Dr. Nicole Harford Tel: 296-0049 Website: www.advancedchiropracticbm.com/ Email: advancedchiroteam@gmail.com	Victoria Place, 31 Victoria Street, Hamilton HM 10	• 20% - Chiropractic Services

CHIROPRACTIC SERVICES	Associates in Integrated Health – Dr. Laura Dowling -Specializes in the use of the Activator technique and offers Clinical Nutrition Tel: 296-7296 Email: office@aiih.net	44 Point Finger Road 'Camden' Paget DV04	• 25% - Chiropractic Services • 10% - Orthotics
CHIROPRACTIC SERVICES	New Life Chiropractic Dr. Mark DaPonte Specializes in the innovative rehab technique known as Dynamic Neuromuscular Stabilization (DNS). Tel: 292-4286 Email: info@nlcbda.com	D. Rego Building 75 Reid Street Hamilton HM 12	• \$20 Off – Treatment for 20 Mins (Regular Rate \$95.00)
CHIROPRACTIC SERVICES	Spine and Sport Bermuda Tel: 296-2225 Fax: 296-2229 Email: hello@spineandsport.bm Website: spineandsport.bm	12 Church Street Mechanic's Building 3rd Floor Hamilton HM 11	• 20% - Chiropractic and Contemporary Medical Acupuncture (Reg Rate: \$ 152.00 initial visits) • (Reg Rate: 101.00 office visit) Also offering assistance in Spanish and French

COUNSELLING SERVICES	B2U Counseling Maxayn Jennings, MACMHC NCC CCTP Website: B2Ucounseling.com Email: Maxayn.jennings@b2ucounseling.com Phone: 536-9740	39 Sleepy Hollow Drive Hamilton Parish CR 02	• 50% -Individual 1hour 1st Session \$75.00 (regular rate \$150.00) • 50%-Individual 30mins 1st Session \$37.50 (regular rate \$75.00) Hours of Operation Wed - 5:30pm – 7:30pm Fri - 5:30pm -7:30pm Sat – 1:30pm – 7:30pm
COUNSELLING SERVICES	Emergent Hope Counseling Isis Wellman, ICADC, NCC, ICLI Tel: 332-5201 Email: isiswellman@emergenthopecounseling.bm Website: www.emergenthopecounseling.com	Mobile Service / Tele Health Service *Book Appointments on website Monday - Friday 5:30PM- 8:00PM Or as scheduled	• 30% - First Session \$122.50 (Reg Rate \$175.00) • 15% - Continued Session \$150.00 (Reg Rate \$175.00) Services Included;- ➤ Counseling Services ➤ Life Coaching ➤ Case Management *** Children age 7 to Adult *** Also offering assistance in Spanish
COUNSELLING SERVICES	Family Intimacy Center/ iElevate Dr. Saadia & Dr. Detroy Bean Tel: 295-3762 Email: ficinfo@northrock.bm	38 Mount Hill Road, Pembroke HM 09	• 10% - Per Visit redeemable after 4th Visit

COUNSELLING SERVICES	MASC Fitzgerald Williams, M.Ed. Email: contact@mascbda.com Website: www.mascbda.com Tel: 601-6272	45 Williams House 20 Reid Street Hamilton HM 11 Appointments made online through website, email, Facebook and Instagram www.mascbda.com	20% - \$240.00 Per Individual Minute Counselling Session <i>(regular rate \$300.00 per session)</i>
COUNSELLING SERVICES	Mayvera Wellness Dr. Jana Outerbridge Tel: 704-8372 Website: www.mayverawellness.com Email: mayverawellness@gmail.com	Mobile Service	\$97.00 for 45 minutes session for psychotherapy for 12 sessions (regular rate \$200-\$250)
COUNSELLING SERVICES	Women's Resource Centre Tel: 295-3882 Website: www.wrcbermuda.com Email: wrc@wrcbermuda.com	Sofia House 2 nd Floor 48 Church Street Hamilton HM	20% - Counseling Sessions -\$80.00 per session <i>(Regular Rate \$100.00 per session)</i>
DENTAL SERVICES	Avant Dental Dr. Shanna-Lee Burch Tel: 295-1035 Fax: 295-3005	International Center, 3 rd Floor 26 Bermudian Road, Hamilton HM11	10% - Emergency/ Initial Exam 10 % - (RCT) Root Canal Therapy 10% - Fillings 10% - Extractions 10% - Oral Prophylaxis

	Website: www.avantdental.bm/ Email: office@avantdental.bm		
DENTAL SERVICES	Bermuda Dental Studio Tel: 543-0002 Website: bdadentalstudio.com Email: info@bdadentalstudio.com	All Services requested through Patient's Local dentist only.	• 10% - Same Day Denture Repairs – (Morning drop off and afternoon delivery) • 15% - Next Day Return Denture Repairs (Estimate Lab Repair Costs \$200-\$350) <i>***The fee presented to the patient is decided by their dentist. Clinical (Dentist) Fee + Lab Fee = total charge</i> All services requested through the patient's local dentist only
DENTAL SERVICES	Brunswick Dental Ltd Dr. Natalie Semone Bruce, MPH, DDS Dr. Teleza Pitcher, DDS Tel: 292-2838 Website: www.brunswickdentalbermuda.com Email: appointments@brunswickdentalbermuda.com	22 Brunswick Street Hamilton HM 10	• 10% - dentures for patients 65 years and older • No co-pay initial hygiene visit, all diagnostics, for those on HIP or Future Care

DENTAL SERVICES	Coral Dental Ltd Dr. Carmen Rabain Dr. Colleen Donnelly Tel: 295-8040 Website: www.coraldental.bm Email: dentist@coraldental.bm	Suite 401, 4 th Floor Bermudiana Arcade 27 Queen Street Hamilton HM 11	• 20% - Copay Cleaning / Hygiene Visit • 10% - Copay Dentures • 10% - Copay Extractions
DENTAL SERVICES	DaVinci Dental Services Dr. Aleesha Maybury Tel: 292-0107 Website: www.davinci.bm/ Email: dentist@davinci.bm	Suite #8 “Cedarparkade” #6 Washington Street Hamilton HM 11	• 10% - Crown & Bridge • 10% - Emergency exam • 10% - Dentures for Seniors over 65
DENTAL SERVICES	Happy Valley Dental Dr. Kevin Harney Tel: 295-5569 Email: happyvalleydental78@gmail.com	78 Happy Valley Road Devonshire DV 03	• 10% - Fillings • 10% - Extractions • 10% - Examinations
DIAGNOSTIC IMAGING	New Edge Diagnostics Ltd Roche Wolffe, BBA RDMS AB, (OB/GYN)	Suite 1, 3 Park Road, Hamilton HM09	• 10% - All imaging services for cash customers

	Phone: 261-9292 Fax: 232-0505 Website: www.newedgediagnostics.com Email: ultrasound@newedgediagnostics.com		
DIAGNOSTIC IMAGING	Ultimate Imaging Alaire Godfrey, Managing Director Tel: 297-6863 Fax: 297-5961 Email: info@ultimateimaging.bm Website: www.ultimateimaging.bm	Suite 308, International Center, 26 Bermudiana Road Hamilton HM 11	• 10% - Level 2 Ultrasounds for cash customers (Maternity Benefit)
DURABLE MEDICAL EQUIPMENT	Lighthouse Medical Supplies Ltd Tel: 777-5483 Website: www.lhmeds.com Email: contact@lhmeds.com	14 Cemetery Road Pembroke, HM 07	• Various discounts on products
DURABLE MEDICAL EQUIPMENT	Medical House Ltd. Tel: 292-3622 Website: www.medicalhouse.bm Email: medicalhouse@medicalhouse.bm	#6 Bakery Lane, Hamilton HM 07	• 10% - across the board for ALL products, including Durable Medical Equipment (DME)

FUNERAL SERVICES	Amis Memorial Chapel- Funeral Home Tel: 236-0155 Fax: 236-4845 Website: www.amismemorial.com Email: AmisMemorial@logic.bm	8 Khyber Pass Warwick WK03	• 20% - Merchandise
HEALTH EDUCATION	Pivot Health Bda Website: www.pivthealthbda.com Tel: 707-4870 Email: pivthealthbda@gmail.com education@pivthealthbda.com	*Mobile Service* By Appointment Only Monday – Friday 9am to 5pm	• 25% - Individual Education Session (regular rate \$150.00) • 25% - Group Sessions (5-10 persons) (regular rate \$350.00) • 15% - Health Research Assistance (regular rate \$150.00 per hour)
HEALTH STORE	ABC Natural Foods Tel: 292-4111 Email: abc-bermuda@outlook.bm	41 King Street Hamilton HM 19	• 5% - Grocery Items

HEALTH STORE	Better Health Tel: 292-4505 Website: www.betterhealth.bm/ Email: info@betterhealth.bm	Victor Place Lower Ground Victoria Street Hamilton HM 10	• 10% - Pro Energy Protein Shake • 5% - Green Energy Drink • 5% - Pure Factors Men + Women <i>(Discount applied to cash transactions only)</i>
HEALTH STORE	Organic Orgone Body LTD Tel: 234-3737 Website: www.orgonebody.com Email: orgonebody@hotmail.com	36 Main Road Somerset MA02	• 15% - Natural Herbal Medicine • 25% - Consultations (regular rate \$100.00)
HOLISTIC HEALING	Healthy Living Herbal Nutrition Deedra Nanette Mobile: 599-3682 Tel: 297-3682 Email: healthyliving2011@live.com	Mobile Service	• 10% - Detox Foot Bath • 5% - Herbal Vitamins • 10% - Reflexology • 10% - Ear Candling • 10% - Bio Reading (Computerized)
HOLISTIC HEALING	My Sereni-Tea Ms. Deryn Higgins Tel: 296-2114 Website: www.myserenitea.com Email: myserenitea@logic.bm	Bermudiana Arcade 4 th Fl 27 Queen Street Hamilton HM 11	• 10% - Acupuncture (redeemable after 3rd treatment) • 10% - Cupping (redeemable after 3rd treatment) • 10% - Massage (redeemable after 3rd treatment) • 10% - Energy Balancing (redeemable after 3rd treatment)

HOME CARE SERVICES	Always Best Senior Care Services Zakiya Francis- Jones Tel: 538-8587 Email: info@caregivingonthego.com zakiyafrancis1986@yahoo.com	Mobile Service	• 5% - \$35.00 per hour Senior Care (5 Hour Minimum) • 5% - \$35.00 per hour Grooming & Meal Prep • 5% - \$125.00 per hour recreational Activities (1.5 Hr Min – Additional Time \$35.00 per hour. • 5% - \$50.00 – Transportation (Pick-up & Drop Off (Dr. Visits) / Food Shopping / Errands
HOME CARE SERVICES	Grace Rejuvenation Center Tel: 543-0033 or 524-7664 (cell) Website: www.gracecenter.info/ Email: gracecenter8@gmail.com	#41 Parsons Road Pembroke HM 15	• 10% - Senior Day Care 3 days or more per week (\$100 per day regular rate) Hours of operation: Monday to Friday 8:30AM – 4:30PM

HOME CARE SERVICES	Healthcare Solutions Ltd Tel 705-2273 CARE) Website: www.healthcaresolutions.bm/ Email: admin@healthcaresolutions.bm	Mobile Service	• Free Home Assessment: A registered nurse will visit your home to assess and determine care needs. • Meet and Greet: You will have the opportunity to meet each caregiver before services begin. • Certified Caregivers: All caregivers are thoroughly vetted and registered with the Bermuda Health Council. • Medication Support: A registered nurse is available to assist with medication management. • Diverse Nursing Services: We offer personal care aides, skilled nurses, and registered nurses. • Flexible Scheduling: Services are provided with a minimum commitment of three hours per shift. Discount: 10% off more than 10 hours a week Rate: \$43-\$45 per hour depending on the service required.
LAB SERVICES	Helix Genetic and Scientific Solutions Ltd Dr. Desiree Spriggs Tel: 292-8800 Tel: 292-8801 Fax: 261-8700 Website www.helixbermuda.bm/ Email: helixadmin@helixbermuda.bm	Sea Venture Building 1 st Floor 19 Parliament Street Hamilton HM 12	• No Co-Pay for Lab Services covered by insurance • 5% - Lab Services not covered by insurance • \$124.84 – PCR Covid Testing (Travel or Medical Testing – MoonGate Clients ONLY <i>(regular rate 195.60)</i>)

LAB SERVICES	HMC Burnaby Urgent Care & Medical Imaging Main Tel: 400-8378 Dr Appointments - 495-5745 Fax: 295-9935 Website: www.hmc.bm Email: info@hmc.bm	10-12 Burnaby Street, Hamilton HM 11	• 30% - annual physical exams • 20% - all Laboratory services • 20% - Electrocardiograms (ECG's)
LAB SERVICES	Hope Health Care Services Tel: 295-9105 Email: office@hopehealthcare.bm Website: www.hopehealthcare.bm	14 Woodbourne Avenue, Pembroke HM08	• Lab Services includes the following;- • \$35.00 - Urinalysis • \$620.00 - Full Chemistry without lipid panel • \$548 Full Chemistry with lipid profile • \$123.00 - Lipid Profile • \$72.00 - Hemoglobin A1C (Glucose) • \$39.00 CBC (complete blood count) • 18% - Follow up visit at Hope Health Care Services.
LAB SERVICES	MoonGate Medical Tel: 295-4265 Fax: 296-8058 Email: medicalreception@moongatebda.bm Website: www.moongatemedical.bm	#48 Sofia House Ground Floor 48 Church Street Hamilton HM FX	• Lab Services includes the following;- • \$35.00 - Urinalysis • \$620.00 - Full Chemistry without lipid panel • \$548 Full Chemistry with lipid profile • \$123.00 - Lipid Profile • \$72.00 - Hemoglobin A1C (Glucose) • \$39.00 CBC (complete blood count) • 50% - Follow up visit at MoonGate Medical

LAB SERVICES	Northshore Medical & Aesthetics Center Dr. Kyjuan H Brown, MD, MH, DPD, CCFP and team of Doctors Tel: 293-5476 Website www.nmac.bm Email: info@nmac.bm	North Shore Road, Devonshire DV 01	• NMAC Lab Services includes the following;- • \$36.00 - Urinalysis • \$250.00 - Full Chemistry without lipid panel • \$354.00 Full Chemistry with lipid profile • \$104.00 - Lipid Profile • \$71.00 - Hemoglobin A1C (Glucose) • \$41.00 CBC (Complete Blood Count)
MASSAGE THERAPY	Ashlan Clinic - Integrated Massage Therapy for Health & Wellness Glenn Robinson, CMT, NMT Teshea Pitt, RMT DIP, ST Tel: 292-6830 Website: www.ashlanclinic.com Email: info@ashlanclinic.com	48 Cedar Avenue (Pink Building) 2 nd floor Hamilton HM 11	• Neuromuscular Therapy • Deep Tissue Massage • Sports Massage • MRF • Shiatsu Therapy • 10% - ½ Hour Sessions rate \$112.50 (regular rate \$125.00) • 10% - 45 Min Session rate \$157.50 (regular rate \$175.00) • 10% - 1 Hours Session rate \$175.50 (regular rate \$195.00) • 20% Reflexology \$56.00 (regular rate \$70.00) • 20% - Foot Massage \$112.00 (regular rate \$140.00) • 20% - Extended Reflexology \$ 168.00(regular rate \$210.00)
MASSAGE THERAPY	DAYROSIA Ms. Felica DeRoza	DAYROSIA 72 Church Street Teachers Place Hamilton HM 01	• 10% MoonGate HIP Deep Tissue 60 Mins - \$135.00 • 10% MoonGate HIP Mobile 60Mins - \$130.00 • 10% MoonGate HIP Mobile 90 Mins - \$170.00

	Tel 505-4503 Website: www.dayrosia.com Email: info@dayrosia.com	(Entrance is at the rear of the grey building, through Joell's Alley next to the Children's Library)	• 10% MoonGate HIP Therapeutic 60 Mins \$115.00 • 10% MoonGate HIP Therapeutic – 90 Mins - \$130.00 • 15% MoonGate Seniors FC- Deep Tissue 60 Mins - \$115.00 • 15% MoonGate Seniors FC - Mobile 60Mins - \$110.00 • 15% MoonGate Seniors FC Mobile 90 Mins - \$145.00 • 15% MoonGate Seniors FC Therapeutic 60 Mins - \$100.00 • 15% MoonGate Seniors FC Therapeutic – 90 Mins - \$110.00
MASSAGE THERAPY	Inner Balance Bermuda Mrs. Fiona Couper-Smith Tel: 333-5514 Website: innerbalancebermuda.com Email: fionacoupersmith@gmail.com	#13 Jones Lane Warwick WK 01	• \$20 off - Reflexology 60 Mins (regular rate \$120.00) • \$20 off – Massage 60 Mins (regular rate \$120.00) • \$20 off – Reiki 60 Mins (regular rate \$120.00)
MASSAGE THERAPY	My Sereni-Tea Ms. Deryn Higgins Tel: 296-2114 Website: www.myserenitea.com Email: myserenitea@logic.bm	Bermudiana Arcade 4th Fl 27 Queen Street Hamilton HM 11	• 10% - Acupuncture (redeemable after 3rd treatment) • 10% - Cupping (redeemable after 3rd treatment) • 10% - Massage (redeemable after 3rd treatment) • 10% - Energy Balancing (redeemable after 3rd treatment)

MASSAGE THERAPY	SPA 27 Tel: 595-2727 Email: Salon27Hamilton@outlook.com Website: spa27bermuda.com	Washington Mall 22 Church Street 3 rd Floor Unit 309 Hamilton HM 11	• 15%-90 Min Lymphatic Drainage Massage (Reg Rate \$155.00) • 10% - 90 Min Tension Soother Massage (Reg Rate \$165.00) • 10% - 60 Min Cupping Massage (Reg Rate 170.00)
MENTAL HEALTH REHABILITATION	Dignity House Tel: 333-6095 Website: www.dignityhousebm.com Email: rie@dignityhousebm.com	Dignity House 10 Bluff Lane Pembroke HM 09	• 10% - All Rehabilitation Services • 10% - Counseling - \$150 (two sessions per week) • 10% - Occupational Therapy – \$100 (2 sessions per week) • 10% - Recreational Therapy - \$50 Group 6 sessions per month • 10% - Psychologist - \$250.00 per month • 10% - Psychiatrist - \$450.00 per month • 10% - Residential support program - \$3000 per month Costs include – room, food, laundry facility. utilities, daily nursing physical assessment and one – one on one session • 24 hours nursing support <i>Residential Rates based on Services in the Tiers</i> <i>Bronze - \$5,000.00</i> <i>Gold - \$10,000.00</i> <i>Platinum - \$15,000.00</i>
MYOFUNCTIONAL THERAPY	Enhanced Expressions Myofunctional Therapy	#1 Trackside Lane Devonshire DV 01	• Free - Initial Assessment • 25% - Consultation (regular rate \$250.00) • 10% - Neuromuscular Re-education (regular rate \$115.00)

	Lynette Colvin RDH, Myofunctional Therapist Tel: 734-5673 Website: www.enexmyofunctionaltherapy.clientsecure.me/ Email: bigsmilesforyou@gmail.com		
NATUROPATHIC MEDICINE	Bermuda's Natural Doctor Dr. Richmond K. Simmons, ND Tel 799-6903 Email: richmondsimmons@gmail.com	Apt #25 7 Hill Top Drive Southampton DN 01	• 20% Initial Consultation • \$15-\$20 2nd Visit & Take-Home Remedies • \$15-\$20 3rd Visit & Take-Home Remedies
NATUROPATHIC MEDICINE	Chom-Al's Dr. Alma Cholmondeley, LMT, CFI, Reflexologist, CPR, Craniosacral Therapy, Reiki Master, Therapeutic Touch, MS Science, Shiatsu, Theta Practitioner, ND Tel: 234-0221 Email: dralcholmondeley@gmail.com	#4 Spire View Lane Soundview Road Sandy's MA 05	• 10% Reflexology 10% Initial Consultation with healing / 2nd Visit Healing • 10% Reflexology + Modality - Table Work/ 2nd -5th Visit <i>Discounts applied after 2nd Visit.</i>

NATUROPATHIC MEDICINE	Northshore Medical & Aesthetics Center Dr. Armani Flood, ND Tel: 293-5476 Website: www.nmac.bm Email: amaniflood@nmac.bm	North Shore Road, Devonshire DV 01	• 25% - \$150.00 Naturopathic Health Assessment • 25% - \$199.00 Treatment Package of 3 • 25% - \$299.00 - 3 Month Lifestyle Programs (weight, Diabetes, Chronic)
NEPHROLOGY SERVICES	Kidney Care Bermuda & Bermuda Home Dialysis Services Ltd. Tel: 295-8999 Website: kidneycare.bm Email: information@kidneycare.bm	63 Victoria Street Hamilton HM 12	• 18% - Initial Nephrology Consult • 10% off- Follow Up Nephrology Visit • Free Kidney Function Screening • \$120.00 - CKD Education (Free to our patients))
NUTRITIONIST	Bermuda Wellness & Outreach Centre Dr. Brent Williams, MD Dr. Leonard Gibbons, DRPH Tel: 292-4530 Website: www.bwoc.bm Email: office@bwoc.bm	3 Gorham Road, Hamilton HM08	• 10% - Nutritional Visits (regular rate \$57.00)
NUTRITIONIST	ProHealth Wellness Bermuda Kelly J. Ingham, Pn1	P.O. Box 780 Warwick WK 04	• \$80 – per month online nutrition & Wellness Program (regular rate \$90.00 per month) ✓ Includes – Daily emails on lessons & habits

	Tel: 705-3939 Email: prohealthwellnessbda@gmail.com		✓ 24 hours access to trainer for 6 months ✓ Tools for lifestyle changes • \$30 – Half hour personal training sessions <i>(regular rate \$35.00 per hour)</i>
NUTRITIONIST	The DRIPBaR at Epic Wellness Tel: 332-5366 Email: pembrokebm275@thedripbar.com Website: www.thedripbar.com/bermuda/	12 Trott Road Hamilton HM 11	• 10% - One Lifestyle Vitamin Infusion with Vitamin B12 Shot) (Reg Rate: \$249 +\$25 Vitamin B12 Shot) • 100% - Free Vitamin B12 Shot
OCCUPATIONAL THERAPY	Apex Allied Health Tel: 295-2739 Email: info@apexalliedhealth.com	SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11	• 10% Physiotherapy • 10% Occupational Therapy • 10% Speech and Language Therapy
OPHTHALMOLOGY	Bermuda International Eye Institute Tel: 232-3937 Fax: 236-4973 Website: www.biio.bm/ Email: info@biio.bm	129 Front Street 2nd Floor Ingham and Wilkinson Building Front Street Hamilton HM 12	• 25% - Co-pay - Consultation & Office Visits • 25% - Cataract Surgery (Premium Lens) • 50% - Non-Covered Services – must pay at the time of visit

OTOLARYNGOLOGY (Ear, Nose & Throat)	ENT Health Practice Limited Dr. Wesley Miller. MBA, MBBS, FRCSI Tel: 295-1331 Fax: 295-1077 Website: www.entpracticewm.com Email: reception@entpracticewm.com	Park Place Medical Centre 1 Cedar Avenue Pembroke HM09	• 10% - Consultations • 10% - Surgery / Procedures in office • 10% - Surgery at Hospital
PAIN MANAGEMENT	Bermuda Pain Clinic Dr. Charles Swart, FRCA Tel: 333-7246 Fax: 400-4878 Website: www.painfree.bm Email: bdapainclinic@gmail.com	12 Church Street Mechanics Building 3rd Floor Hamilton HM 11	• 20% - New Consult (regular rate 150.00) • \$250.00 off – in office procedures (regular rate \$691.20)
PAIN MANAGEMENT	Complete Care Clinic Dr. Cindy Morris Tel: 292-8131 Fax: 292-8134 Email: completecarebda@gmail.com	7 Dundonald Street, Hamilton HM 10	• 5% - co-pay for all visits.
PEDIATRIC CARE	Associates In Integrated Health Dr. Henry Dowling	44 Point Finger Road Camden Paget DV 04	• Pediatric Care – Affordable individual and family packages available, with after hour service included

	Tel: 296-7296 Email: office@aiih.net		
PHARMACY	Caesar's Pharmacy Tel:234-0851 Dispensary: 735-0851 Website:www.caesarspharmacy.com Email: pharmacy@caesarspharmacy.com	30 Somerset Road, Sandys MA 02	• 10% - Prescription Drugs for all MoonGate Clients. • 10% - Monday's Only – Discount for Seniors for Store Purchases.
PHARMACY	Island Health Pharmacy Tel: 236-8585 Website: www.ihp.bm Email: kleseur@ihp.bm	40 Point Finger Road, Paget DV 04	• 10% - Prescription Medication • 10% - Over the Counter Medication
PHARMACY	My Pharmacy LLC Dr. Olivia Benyak Pitcher Tel: 261-2000 Fax: 261-2001 Website: www.mypharmacy.bm/	Charities House 25 Point Finger Road Paget DV 04	• 20% - Pharmaceuticals (Prescription and Over the Counter) up to \$100 per medication. • Special Rate – on medications over \$100.00 Offered by the pharmacists

	Email: mypharmacist@mypharmacy.bm		
PHARMACY	Northshore Pharmacy Ltd Tel: 296-3240 Fax: 296-3243 Website www.northshorepharmacy.bm Email: info@northshorepharmacy.bm	7 Northshore Road, Devonshire DV01	15% - Dispensing Fee for Seniors and for clients under age 65 daily
PHYSICIAN	Associates In Integrated Health Dr. Henry Dowling, MD Tel: 296-7296 Website: www.bim.bm Email: office@aiah.net	44 Point Finger Road Camden' Paget DV 04	Direct Primary Care – Affordable monthly packages available. Depending the package, unlimited visits are included. After hour service included with all packages.
PHYSICIAN	Bermuda Internal Medicine Dr. Michael Ashton, MD Tel: 236-2100 Fax: 236-7734 Email: information@bim.bm	63 Victoria Street Hamilton HM 12	Subsidized Infectious Disease clinic for patients meeting criteria.
PHYSICIAN	Burton Butterfield, M.D.	Charities House 25 Point Finger Road Paget DV 04	15% Physical Exams – Patient pays \$187.00 15% Regular Visits – Patients Pays \$90.10

	Tel: 292-7737 Fax: 292-7743 Email: bgnetwork@northrock.bm		• 15% EKG - Patient Pays \$90.10 ***Patients with acute illness requiring frequent follow-up visits for a short term / temporary period. No Co-payments.
PHYSICIAN	HMC Burnaby Urgent Care & Medical Imaging Main Tel: 400-8378 Dr Appointments - 495-5745 Fax: 295-9935 Website: www.hmc.bm Email: info@hmc.bm	10-12 Burnaby Street, Hamilton HM 11	• 30% - annual physical exams • 20% - all Laboratory services • 20% - Electrocardiograms (ECG's)
PHYSICIAN	Hope Health Care Services Dr. Brent Williams, MD Tel: 295-9105 Tel: 295-7931 Website: hopehealthcare.bm Email: office@hopehealthcare.bm	14 Woodbourne Avenue, Pembroke HM08	• 18% - annual physical exams (all physicians) • 18% - regular doctor visits
PHYSICIAN	Life Care Family Practice Dr. Fiona Ross, MD Tel: 234-1340 Fax: 234-6384	#2 Hawthorn Lane Southampton SN 04	• \$75 Discount – Complete Physical Exam (Reg Rate \$350.00) • \$20 Discount – Follow Up Visits (Reg Rate \$145.00)

	Email: info@lifecare.bm		
PHYSICIAN	MoonGate Medical Dr. Andrea Gilford Johnson, MBBS Dr. Peter Chipeta, BSC, MD, MMED Tel: 295-4265 Fax: 296-8058 Email: medicalreception@moongatebda.bm Website: www. moongatemedical.bm	#48 Sofia House Ground Floor 48 Church Street Hamilton HM FX	• 50% - co-pay for annual physical exams (with insurance) • 50% - co-pay for regular doctor visits (with insurance) • 30% - total fees annual physical exams (without insurance) • 30% - total fees regular doctor visits (without insurance)
PHYSICIAN	Northshore Medical & Aesthetics Center Dr. Kyjuan H Brown, MD, MH, DPD, CCFP Team of Associate Physicians Tel: 293-5476 Website www.nmac.bm Email: info@nmac.bm	North Shore Road, Devonshire DV 01	• \$40 - Annual physical exams (\$25 physical +\$15 EKG) • \$88- HIP Patients Initial visit • \$75 – HIP Patients Follow up visit • \$50 – Future Care Patients Initial visit • \$35 – Future Care Patients Follow up visit • 20% - Dermatology Initial visit • Weight loss and nutrition - No Co-pay • Naturopathic Medicine – No co-pay
PHYSICIAN	Premier Health & Wellness Center Dr. Stanley James, MD	38 King Street, Hamilton HM 12	• 50% - co-pay for annual physical exams • 50% - co-pay for regular doctor visits

	Tel: 292-5111 Fax: 292-5112 Website: www.phwcbermuda.com/ Email: info@premierhealth.bm		
PHYSIOTHERAPY	Apex Physio Tel: 295-2739 Email: info@apexphysio.com	SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11	• 10% Physio Therapy • 10% Occupational Therapy • 10% Speech and Language Therapy
PHYSIOTHERAPY	Enhanced Expressions Myofunctional Therapy Lynette Colvin RDH, Myofunctional Therapist Tel: 734-5673 Website: www.enexmyofunctionaltherapy.clientsecure.me/ Email: bigsmilesforyou@gmail.com	#1 Trackside Lane Devonshire DV 01	• Free - Initial Assessment • 25% - Consultation (regular rate \$250.00) • 10% - Neuromuscular Re-education (regular rate \$115.00)
PHYSIOTHERAPY	In Touch Therapy Tanaeya Burch, Physiotherapist, Rochelle Wilkins-Duncan Physiotherapist Tel: 238-6824	45 King Street Hamilton HM 19	• 30% - Initial Physiotherapy evaluation

	Fax: 238-6825 Website: www.intouch.bm/ Email: office@intouch.bm		
PHYSIOTHERAPY	Orthopedic & Physiotherapy Associates (OPA) Tel: 236-8881 Website: www.opa.bm Email: physio@opa.bm	‘Trevelyan’ 28 Point Finger Road Paget DV 04	• 25% - Physiotherapy
PODIATRY SERVICE	Arches Podiatry Tel: 232-2724 Dr. Natalie Bennett Dr. Stuart McIntosh Email: reception@archespodiatry.com Website: www.archespodiatry.com	‘Healthways Building’ #1 Cedar Avenue Pembroke HM 09	• 10% - Initial Podiatry Consultation Fee \$130.00 • 10% - Follow up Podiatry Consultation Fee \$120.00
PODIATRY SERVICE	Atlantic Podiatry Tel: 533-2508 Matthew Francis Website: www.atlantic-podiatry.com/ Email: info@atlantic-podiatry.com	4th Floor Dallas Building 7 Victoria Street Hamilton HM 08	• 35% - Podiatry Services (all routine podiatry treatments) ***[regular rate \$120.00 - MG Clients with HIP or limited insurance plans Pay \$78.00]***

PODIATRY SERVICE	BN Henagulph & Associates Ltd Tel: 295-4811 Fax: 295-0235 Email: podiatry@northrock.bm	Innovation House Reid Street, P.O. Box HM 3104 HM NX	• 10% – Podiatry Services
PODIATRY SERVICE	Feet First Podiatry Clinic- 261-3338 Mobile- 901-3338 Taitu Kunze, MSc BSc (hons) MRCPod Email: info@feetfirstbda.com Website Feetfirstbda.com	Brown Brangman Building 100 Reid Street 3rd floor Hamilton HM12	• 15% - Podiatry Services (Standard \$130.00 Visit) • 5% - Footcare Products (prices vary) All MoonGate Clients
PSYCHOTHERAPY (counselling service)	Mayvera Wellness Dr. Jana Outerbridge Tel: 704-8372 Website: www.mayverawellness.com Email: mayverawellness@gmail.com	Mobile Service	• \$97.00 for 45 minutes session for psychotherapy for 12 sessions (regular rate \$200-\$250)
REFLEXOLOGY	Ashlan Clinic - Integrated Massage Therapy for Health & Wellness Glenn Robinson, CMT, NMT Teshea Pitt, RMT DIP, ST	48 Cedar Avenue (Pink Building) 2 nd floor Hamilton HM 11	• 20% Reflexology \$56.00 (regular rate \$70.00) • 20% - Foot Massage \$112.00 (regular rate \$140.00) • 20% - Extended Reflexology \$ 168.00(regular rate \$210.00) • Neuromuscular Therapy

	Tel: 292-6830 Website: www.ashlanclinic.com Email: info@ashlanclinic.com		• Deep Tissue Massage • Sports Massage • MRF • Shiatsu Therapy • 10% - ½ Hour Sessions rate \$112.50 (regular rate \$125.00) • 10% - 45 Min Session rate \$157.50 (regular rate \$175.00) • 10% - 1 Hours Session rate \$175.50 (regular rate 195.00)
REFLEXOLOGY	Inner Balance Bermuda Mrs. Fiona Couper-Smith Tel: 333-5514 Website: innerbalancebermuda.com Email: fionacoupersmith@gmail.com	#13 Jones Lane Warwick WK 01	• \$20 off - Reflexology 60 Mins (regular rate \$120.00) • \$20 off – Massage 60 Mins (regular rate \$120.00) • \$20 off – Reiki 60 Mins (regular rate \$120.00)
SPECIALIST SERVICE	Complete Care Clinic Dr. Cindy Morris Tel: 292-8131 Fax: 292-8134 Email: completecaredbda@gmail.com	7 Dundonald Street, Hamilton HM 10	• 5% - co-pay for all visits.
SPECIALIST SERVICE	ICSS - Investing Care Safety & Security	Suite 592 48 Par-La-Ville Road Hamilton HM 11	• 10% Life Safety Devices – iHelp – Medical Alert System

	Tel: 295-4277 Website: icssbda.com Email: dsmith@icss.bm		
SPEECH & LANGUAGE THERAPY	Apex Allied Health Tel: 295-2739 Email: info@apexalliedhealth.com	SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11	• 10% Physiotherapy • 10% Occupational Therapy • 10% Speech and Language Therapy
SPEECH & LANGUAGE THERAPY	Bright Speech Therapy Tel: 601-6001 Mystere Monteiro Email: info@brightspeechtherapy.bm Website: www.brightspeechtherapy.bm	31 Queen Street Suite 206 2nd Floor Hamilton HM11	• \$100 Off Assessment Fee \$430.00 - HIP Patients (60 mins) • 10% - Treatment- HIP Patients • 10% - Treatment Only – Non HIP Clients Fees: 45 Mins - \$160.00
SPORTS THERAPY	Reactive Sports Therapy Kia Smith, Tel: 504-5515 Website: reactivesportstherapybda.com/ Email: sportstherapybda@outlook.com	Trott and Duncan Building 17A Brunswick Street Hamilton HM 10	• 10% - Initial Consultation /treatment (regular rate \$175) • 10% - Sports Massage 30mins (regular rate 125.00) • 10% - Sports Massage 60mins (regular rate \$160.00) • 10% - Sports Massage 90mins (regular rate \$185.00) • 10% - Sports Massage 1 Hour (regular rate 160.00) • 10% - Sports Therapy Follow-up 30 Mins (regular rate \$85.00) • 10%- Sports Therapy Follow-up 30mins (regular rate \$60.00)

			• 10% - Sports Therapy Follow-up 45mins (regular rate\$75.00) • 10% - Sports Therapy Follow-up <i>1 Hour</i> (regular rate \$85.00) • 10% - Cupping 30 mins \$50.00)
UROLOGY SERVICES	Dynamic Urology Services Dr. Michael Brooks, MBBS, DM Tel: 296-7296 Tel: 601-8002 Fax: 232-1781 Website: www.dynamicurologyservices.com Email: info@dynamicurologyservices.com	44 Point Finger Road Paget DV 04	• 10% - New Consult (Rate to Pay \$405.00) <i>Reg \$450</i> • 10% - Office follow up visit (Rate to Pay \$216.00) <i>Reg \$240</i> • 10% - Home Visit (Rate to Pay \$315.00) <i>Reg \$350</i>
VISION	Argus Optical Parliament Street 292-0097 Reid Street 296-3926 Victoria Street 296-7861 Fax: 295-4454 Website: www.argusoptical.net/	Suite 204, Melbourne House, 11 Parliament St. Hamilton HM 12	• 10% - Eye Examination • 10% - Frames • 20% - Transitions and Antiglare • 20% - Annual Supply Contact Lens
VISION	Bermuda International Eye Institute Tel: 232-3937 Fax: 236-4973 Website: www.biio.bm/	129 Front Street 2 nd Floor Ingham and Wilkinson Building Front Street Hamilton HM 12	• 25% - Co-pay - Consultation & Office Visits • 25% - Cataract Surgery (Premium Lens) • 50% - Non-Covered Services – must pay at the time of visit

	Email: info@biio.bm		
VISION	Bermuda Optical Co Tel: 295-6175 Website: www.bermudaoptical.bm/ Email: info@bermudaoptical.bm	Mechanics Building Church Street Hamilton HM 11	• 10% - Eye Examination • 10% - Frames • 20% - Transitions and Antiglare • 20% - Annual Supply Contact Lens
VISION	OnSight Optometry BDA Tel: 732-5891 Ms. Tia Crockwell, Optometrist Website: onsightbda.com Email: contact@onsightbda.com	Mobile Hours Mon - 9:30AM- 8:00PM Tue-Fri 9:30AM- 5:00PM Sat – 9:30AM – 12:00PM	• 10% - Mobile Eye Exam MG Clients - \$225.00 reg rate • 10% - Mobile Eye Exam MG Senior Clients - \$215 reg rate
VISION	SPEXX Eyecare Eyewear Dr. Wannita Smith Tel: 292-5461 Fax: 295-0871 Website: www.spexeeyecare.com Email: info@spexxeyecare.com	Ground Floor, 201 International Centre, 26 Bermudiana Road, Hamilton HM 11	• 10% - Eye Examination (rate \$140.00) • 10% - Frames • 15% - Annual supply of contacts

VISION	The Eyecare Center Dr. Monique Bean, OD, MPH, FAAO Phone: 292-1932 or 295-3570 Fax: 292-5506	3 Park Road Hamilton HM 09	• 15% - Eye Examination (MoonGate Seniors) • 15% - Frames & Lenses (MoonGate Seniors) • 10% - Eye Examination for all MoonGate Clients • 10% - Frames & Lenses for all MoonGate Clients
WELLNESS	24 Hour Fitness Tel: 293-7479 Fax: 293-7479 Website: www.24hourfitness.bm/ Email: info@24hourfitness.bm	76 North Shore Road Hamilton Parish CR 01	• 5% - Gym Membership (excluding Seniors 60 years +) • \$80 – Seniors (60 Years +)
WELLNESS	360 Fit / Bermuda Small Circle Jujitsu Academy Shawn Harvey Tel: 518-8989 Email: bermudajujitsu@hotmail.com	23 Berkeley Road Pembroke HM 19	• \$300 - Martial Arts Class (beginners' program) \$350 Value • \$300-Cardio Kickboxing Class (beginners' program) \$350 Value • Includes Initiation Information (weight / goal setting) • Meal Plan • Fitness Testing • Fitness Class • 2 Months Unlimited Classes
WELLNESS	BDA Pilates Tel: 705-1668 Website: www.bdapilates.com Email: info@bdapilates.com	27 Queen Street 2 nd Floor Bermudiana Arcade Hamilton HM 11	• \$5.00 off– All Pilates single classes - Mat & Tower Mat Class (\$20.00 reg rate) Tower Class (\$30.00 reg rate) • \$10.00 off– All Pilates 10 and 20 class Packages (maximum 5 classes) • \$10.00 off – Intro to Pilates Packages – one private session (\$155.00 reg rate)

			• \$10.00 off – Beginners Series – 5 Classes – (\$115.00 reg rate) • \$10.00 off – Private Sessions (\$100 per session reg rate)
WELLNESS	Bermuda Wellness & Outreach Centre Dr. Brent Williams, MD Dr. Leonard Gibbons, DRPH Dr. Elwood Fox, PM&R Tel: 292-4530 Fax: -295-1279 Website: www.bwoc.bm Email: office@bwoc.bm	3 Gorham Road, Hamilton HM08	• 10% - Nutritional Visits (regular rate \$95.00)
WELLNESS	ENERGIZE! Wellness Solutions Ltd Aprille Choudhury-DeShield Tel: 599-8119 Email: energizewellnessbda@gmail.com	Mobile / Virtual Service	• \$50.00 Personal Training for 1 hour • \$25.00 Personal Training for half hour
WELLNESS	Fit & Fierce Athletics Tel: 704-2444 Monique Cook	41 Valley Road Paget PG 02	• 50% - The Fiercely Active package is a 12-week program (Regular rate \$300.00) per client is inclusive of the following. ✓ Consultations ✓ Meal Plans ✓ Monthly Measurements ✓ Monthly Weigh In

	Email fitnfierceathletics@gmail.com Website: www.fit-n-fierce.com		✓ Fitness routines tailored for each client's goals. Fiercely active package is designed to kickstart the client on their journey with detailed insight on what they can expect. Fitness goals expectations , accountability, , discipline , budget & ultimate game plan. • 25% - All fitness merchandise & apparel •
WELLNESS	Healing Essentials Mel Dupres Homeopath & Yoga Teacher Tel: 519-0612 Email: meldupris@yahoo.co.uk	Mobile Service & Virtual Service	• 25% - Yoga Classes (regular rate \$25.00) • 25% - Private Yoga (regular rate \$150.00) • 25% - Homeopathy Initial Consult (regular rate \$300.00) • 25% - Homeopathy Follow-Up (regular rate \$200.00) • 25% - Acute Consultation regular rate (100.00)
WELLNESS	Heaven and Earth Creative Healing Solutions Tracey Gibbons Tel: 747-2517 Email: hvnandearth@gmail.com	45 Ord Road Paget PG 03	• 10% – Yoga Therapy (\$150.00 – studio per hour regular rate) • 10% - Yoga Therapy (\$175.00)- home per hour regular rate) • \$5.00 off – Yoga Session (\$25.00 per hour regular rate) • 6 months yoga therapy, twice per month rate \$110 per session if paid in advance = \$1320 • 10 Yoga Sessions paid in advance \$20 per session = \$200 (group rate, 4 or 5 people) • 10 Yoga Sessions paid in advance \$50 per session = \$500 (private rate 1 - 2 people)
WELLNESS	Inner Balance Bermuda Mrs. Fiona Couper-Smith Tel: 333-5514 Website: innerbalancebermuda.com	#13 Jones Lane Warwick WK 01	• \$20 off Reflexology 60 Mins (regular rate \$120.00) • \$20 off – Massage 60 Mins (regular rate \$120.00) • \$20 off – Reiki 60 Mins (regular rate \$120.00)

	Email: fionacoupersmith@gmail.com		
WELLNESS	Lightforce Yoga Robin Holder, Instructor Tel: 707-1796 Email: robinholder10@yahoo.com	Mobile Service	• \$100 per class small group 1-5 People • \$250 for 5 Sessions Couples Rate • \$250 Private for 5 Sessions One-On-One yoga • \$150 Corporate Rate for 10 People • \$100 Corporate Rate for 1-9 People <i>All classes are for 1 hour</i>
WELLNESS	Pivot Health Bda Website: www.pivotohealthbda.com Tel: 707-4870 Email: pivotohealthbda@gmail.com education@pivotohealthbda.com	*Mobile Service* By Appointment Only Monday – Friday 9am to 5pm	• 25% - Individual Education Session (regular rate \$150.00) • 25% - Group Sessions (5-10 persons) (regular rate \$350.00) • 15% - Health Research Assistance (regular rate \$150.00 per hour)
WELLNESS	SPA 27 Tel: 595-2727 Email: Salon27Hamilton@outlook.com Website: www.spa27bermuda.com	Washington Mall 22 Church Street 3 rd Floor Unit 309 Hamilton HM 11	• 15%-90 Min Lymphatic Drainage Massage (Reg Rate \$155.00) • 10% - 90 Min Tension Soother Massage (Reg Rate \$165.00) • 10% - 60 Min Cupping Massage (Reg Rate 170.00)

WELLNESS	The DRIPBaR at Epic Wellness Tel: 332-5366 Email: pembrokebm275@thedripbar.com Website: www.thedripbar.com/bermuda/	12 Trott Road Hamilton HM 11	• 10% - One Lifestyle Vitamin Infusion with Vitamin B12 Shot) (Reg Rate: \$249 +\$25 Vitamin B12 Shot) 100% - Free Vitamin B12 Shot
WELLNESS	Touch Bda Tel: 777-2556 Email: info@touchbda.com Website: www.touchbda.com	The Ratteray Building 39 King Street Hamilton HM 18	• 30% - 60 Minute Massage Reg Rate \$130.00) • 30% - 60 Minute Facial (Reg Rate \$140.00) • 20% - 60 Minute Pedicure Reg Rate 60.00) •
WELLNESS	VIDA Medical Spa Alaire Godfrey - Managing Director Tel: 295-8432 Email: info@vidabermuda.com website: www.vidabermuda.com	Suite 308, International Center, 26 Bermudiana Road, Hamilton HM 11	• 5% - initial consultation visit • Cosmetic Services - Laser, Botox, Hair Removal, Micro Blading, Tattooing Micro Needling.

WELL CARD	WellCardRx Savings - U.S. Only Your WellCardRx Savings prescription card provides you with top pharmacy advantages: Instant savings of up to 80% on prescription drugs. The best prices at 65,000 pharmacies throughout the United States.		Up to 80% Prescription Drugs at 65,000 Pharmacies throughout the United States. 
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