



MOONGATE GROUP



MOONGATE
EVACUATION SERVICES

HealthGap

Schedule of Benefits

Updated as of
May 15th, 2026


HG –MAY 2026
MOONGATE GROUP

Ground Floor, Sofia House, 48 Church Street



HealthGap

Schedule of Benefits

Category	Vendor	Vendor Contact	Benefit Rate
AIR AMBULANCE	<p>MoonGate Evacuation Services</p> <p>Tel: 542-2200</p> 	<p>MoonGate Group Website: www.moongatebda.bm</p>	<ul style="list-style-type: none"> • 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	<p>COHA LTD</p> <p>Tel: 295-7612</p> <p>Website: www.cohahealth.com</p> <p>Email: mail@cohahealth.com</p>	<p>78 Happy Valley Road Devonshire DV 03</p>	<ul style="list-style-type: none"> • 5% off \$200.00 - Selected Products

ACUPUNCTURE	<p>My Sereni-Tea</p> <p>Ms. Deryn Higgins</p> <p>Tel: 296-2114</p> <p>www.myserenitea.com</p>	<p>Bermudiana Arcade 4th Fl 27 Queen Street Hamilton HM 11</p>	<ul style="list-style-type: none"> • 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	<p>Cardio Care Diagnostics</p> <p>Tel: 621-2233</p> <p>Website: www.cardiocarediagnostics.com</p> <p>Email: cardiocarediagnostics@gmail.com</p>	<p>Suite #1 3 Park Road Hamilton HM 09</p>	<ul style="list-style-type: none"> • 30% - Holter/MCT services (non-insured patients) • 10% - All Other Services (non-insured patients)
CHIROPRACTIC SERVICES	<p>Advanced Chiropractic Wellness Center</p> <p>Dr. Nicole Harford</p> <p>Tel: 296-0049</p> <p>Website: www.advancedchiropracticbm.com/</p> <p>Email: advancedchiroteam@gmail.com</p>	<p>Victoria Place, 31 Victoria Street, Hamilton HM 10</p>	<ul style="list-style-type: none"> • 20% - Chiropractic Services

<p>CHIROPRACTIC SERVICES</p>	<p>New Life Chiropractic</p> <p>Dr. Mark DaPonte Specializes in the innovative rehab technique known as Dynamic Neuromuscular Stabilization (DNS).</p> <p>Tel: 292-4286</p> <p>Email: info@nlcbda.com</p>	<p>D. Rego Building 75 Reid Street Hamilton HM 12</p>	<ul style="list-style-type: none"> • \$20 Off – Treatment for 20 Mins (Regular Rate \$95.00)
<p>CHIROPRACTIC SERVICES</p>	<p>Revive Health Center</p> <p>Dr. Marc Hopper, DC Dr. William Luckwell, DC</p> <p>Tel: 292-4288 Fax: 292-8527 Email: revivehealthcenter@yahoo.com</p> <p>Website: revivehealthbda.com</p>	<p>Maxwell Roberts Bldg. Ground Floor #1 Church Street Hamilton HM 11</p>	<ul style="list-style-type: none"> • 15% Chiropractic Treatment (regular rate \$101.00)
<p>CHIROPRACTIC SERVICES</p>	<p>Spine and Sport Bermuda</p> <p>Tel: 296-2225 Fax: 296-2229</p> <p>Email: hello@spineandsport.bm Website: spineandsport.bm</p>	<p>12 Church Street Mechanic's Building 3rd Floor Hamilton HM 11</p>	<ul style="list-style-type: none"> • 20% - Chiropractic and Contemporary Medical Acupuncture <i>(Reg Rate: \$ 152.00 initial visits)</i> • <i>(Reg Rate: 101.00 office visit)</i> <p>Also offering assistance in Spanish and French</p>

<p>COUNSELLING SERVICES</p>	<p>B2U Counseling</p> <p>Maxayn Jennings, MACMHC NCC CCTP</p> <p>Website: B2Ucounseling.com</p> <p>Email: Maxayn.jennings@b2ucounseling.com</p> <p>Phone: 536-9740</p>	<p>39 Sleepy Hollow Drive Hamilton Parish CR 02</p>	<ul style="list-style-type: none"> • 50% -Individual 1hour 1st Session \$75.00 (regular rate \$150.00) • 50%-Individual 30mins 1st Session \$37.50 (regular rate \$75.00) <p style="text-align: center;">Hours of Operation Wed - 5:30pm – 7:30pm Fri - 5:30pm -7:30pm Sat – 1:30pm – 7:30pm</p>
<p>COUNSELLING SERVICES</p>	<p>Emergent Hope Counseling</p> <p>Isis Wellman, ICADC, NCC, ICLI</p> <p>Tel: 332-5201</p> <p>Email: isiswellman@emergenthopecounseling.bm</p> <p>Website: www.emergenthopecounseling.com</p>	<p>Mobile Service / Tele Health Service</p> <p>*Book Appointments on website</p> <p>Monday - Friday 5:30PM- 8:00PM Or as scheduled</p>	<ul style="list-style-type: none"> • 30% - First Session \$122.50 (Reg Rate \$175.00) • 15% - Continued Session \$150.00 (Reg Rate \$175.00) <p>Services Included;-</p> <ul style="list-style-type: none"> ➤ Counseling Services ➤ Life Coaching ➤ Case Management <p>*** Children age 7 to Adult *** Also offering assistance in Spanish</p>
<p>COUNSELLING SERVICES</p>	<p>Family Intimacy Center/ iElevate</p> <p>Dr. Saadia & Dr. Detroy Bean</p> <p>Tel: 295-3762</p> <p>Email: ficinfo@northrock.bm</p>	<p>38 Mount Hill Road, Pembroke HM 09</p>	<ul style="list-style-type: none"> • 10% - Per Visit redeemable after 4th Visit

COUNSELLING SERVICES	<p>Tuwile Grief Support</p> <p>Phone: 591-1107</p> <p>Email: infotuwilebda.com</p> <p>Website: www.tuwilebda.com</p>	<p>Suite Solutions New Venture House 3 Mills Creek Road Pembroke HM 05</p>	<ul style="list-style-type: none"> • \$150.00 Per Session (Regular Session Rate \$250.00)
COUNSELLING SERVICES	<p>MASC</p> <p>Fitzgerald Williams, M.Ed.</p> <p>Email: contact@mascbda.com</p> <p>Website: www.mascbda.com</p> <p>Tel: 601-6272</p>	<p>45 Williams House 20 Reid Street Hamilton HM 11</p> <p>Appointments made online through website, email, Facebook and Instagram www.mascbda.com</p>	<ul style="list-style-type: none"> • 20% - \$240.00 Per Individual Minute Counselling Session <i>(regular rate \$300.00 per session)</i>
COUNSELLING SERVICES	<p>Mayvera Wellness</p> <p>Dr. Jana Outerbridge</p> <p>Tel: 704-8372</p> <p>Website:www.mayverawellness.com</p> <p>Email: mayverawellness@gmail.com</p>	<p>Mobile Service</p>	<ul style="list-style-type: none"> • \$97.00 for 45 minutes session for psychotherapy for 12 sessions (regular rate \$200-\$250)
COUNSELLING SERVICES	<p>Women's Resource Centre</p> <p>Tel: 295-3882</p> <p>Website: www.wrcbermuda.com</p>	<p>Sofia House 2nd Floor 48 Church Street Hamilton HM</p>	<ul style="list-style-type: none"> • 20% - Counseling Sessions -\$80.00 per session <i>(Regular Rate \$100.00 per session)</i>

	Email: wrc@wrcbermuda.com		
DENTAL SERVICES	<p>Avant Dental Dr. Shanna-Lee Burch</p> <p>Tel: 295-1035 Fax:295-3005</p> <p>Website: www.avantdental.bm/ Email: office@avantdental.bm</p>	International Center, 3 rd Floor 26 Bermudian Road, Hamilton HM11	<ul style="list-style-type: none"> • 10% - Emergency/ Initial Exam • 10 % - (RCT) Root Canal Therapy • 10% - Fillings • 10% - Extractions • 10% - Oral Prophylaxis
DENTAL SERVICES	<p>Brunswick Dental Ltd</p> <p>Dr. Natalie Semone Bruce, MPH,DDS Dr. Teleza Pitcher, DDS</p> <p>Tel: 292-2838</p> <p>Website: www.brunswickdentalbermuda.com</p> <p>Email: appointments@brunswickdentalbermuda.com</p>	22 Brunswick Street Hamilton HM 10	<ul style="list-style-type: none"> • 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	<p>Coral Dental Ltd</p> <p>Dr. Carmen Rabain Dr. Colleen Donnelly</p>	Suite 401, 4 th Floor Bermudiana Arcade 27 Queen Street Hamilton HM 11	<ul style="list-style-type: none"> • 20% - Copay Cleaning / Hygiene Visit • 10% - Copay Dentures • 10% - Copay Extractions

	<p>Tel: 295-8040</p> <p>Website: www.coraldental.bm</p> <p>Email: dentist@coraldental.bm</p>		
DENTAL SERVICES	<p>DaVinci Dental Services Dr. Aleesha Maybury</p> <p>Tel: 292-0107</p> <p>Website: www.davinci.bm/</p> <p>Email: dentist@davinci.bm</p>	<p>Suite #8 "Cedarparkade" #6 Washington Street Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - Crown & Bridge • 10% - Emergency exam • 10% - Dentures for Seniors over 65
DENTAL SERVICES	<p>Happy Valley Dental Dr. Kevin Harney</p> <p>Tel: 295-5569</p> <p>Email: happyvalleydental78@gmail.com</p>	<p>78 Happy Valley Road Devonshire DV 03</p>	<ul style="list-style-type: none"> • 10% - Fillings • 10% - Extractions • 10% - Examinations
DIAGNOSTIC IMAGING	<p>New Edge Diagnostics Ltd Roche Wolffe, BBA RDMS AB, (OB/GYN)</p> <p>Phone: 261-9292 Fax: 232-0505</p>	<p>#9 Par-La-Ville Road Pearman Building 3rd Floor Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - All imaging services for cash customers

	<p>Website: www.newedgediagnostics.com</p> <p>Email: ultrasound@newedgediagnostics.com</p>		
DIAGNOSTIC IMAGING	<p>Ultimate Imaging</p> <p>Alaire Godfrey, Managing Director</p> <p>Tel: 297-6863 Fax: 297-5961 Email: info@ultimateimaging.bm</p> <p>Website: www.ultimateimaging.bm</p>	Suite 308, International Center, 26 Bermudiana Road Hamilton HM 11	<ul style="list-style-type: none"> • 10% - Level 2 Ultrasounds for cash customers (Maternity Benefit)
DURABLE MEDICAL EQUIPMENT	<p>Lighthouse Medical Supplies Ltd</p> <p>Tel: 777-5483</p> <p>Website: www.lhmeds.com</p> <p>Email: contact@lhmeds.com</p>	14 Cemetery Road Pembroke, HM 07	<ul style="list-style-type: none"> • Various discounts on products
DURABLE MEDICAL EQUIPMENT	<p>Medical House Ltd.</p> <p>Tel: 292-3622</p> <p>Website: www.medicalhouse.bm</p> <p>Email: medicalhouse@medicalhouse.bm</p>	#6 Bakery Lane, Hamilton HM 07	<ul style="list-style-type: none"> • 10% - across the board for ALL products, including Durable Medical Equipment (DME)
FUNERAL SERVICES	<p>Amis Memorial Chapel- Funeral Home</p>	8 Khyber Pass Warwick WK03	<ul style="list-style-type: none"> • 20% - Merchandise

	<p>Tel: 236-0155 Fax: 236-4845</p> <p>Website: www.amismemorial.com Email: AmisMemorial@logic.bm</p>		
HEALTH EDUCATION	<p>Pivot Health Bda</p> <p>Website: www.pivothealthbda.com</p> <p>Tel: 707-4870</p> <p>Email: pivothealthbda@gmail.com education@pivothealthbda.com</p>	<p>*Mobile Service*</p> <p>By Appointment Only Monday – Friday 9am to 5pm</p>	<ul style="list-style-type: none"> • 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	<p>ABC Natural Foods</p> <p>Tel: 292-4111</p> <p>Email: abc-bermuda@outlook.bm</p>	<p>41 King Street Hamilton HM 19</p>	<ul style="list-style-type: none"> • 5% - Grocery Items
HEALTH STORE	<p>Better Health</p> <p>Tel: 292-4505</p> <p>Website: www.betterhealth.bm/ Email: info@betterhealth.bm</p>	<p>Victor Place Lower Ground Victoria Street Hamilton HM 10</p>	<ul style="list-style-type: none"> • 10% - Pro Energy Protein Shake • 5% - Green Energy Drink • 5% - Pure Factors Men + Women <p><i>(Discount applied to cash transactions only)</i></p>

HEALTH STORE	<p>Organic Orgone Body LTD</p> <p>Tel: 234-3737</p> <p>Website:www.orgonebody.com</p> <p>Email: orgonebody@hotmail.com</p>	36 Main Road Somerset MA02	<ul style="list-style-type: none"> • 15% - Natural Herbal Medicine • 25% - Consultations (regular rate \$100.00)
HOLISTIC HEALING	<p>Healthy Living Herbal Nutrition Deedra Nanette</p> <p>Mobile: 599-3682 Tel: 297-3682</p> <p>Email: healthyliving2011@live.com</p>	Mobile Service	<ul style="list-style-type: none"> • 10% - Detox Foot Bath • 5% - Herbal Vitamins • 10% - Reflexology • 10% - Ear Candling • 10% - Bio Reading (Computerized)
HOLISTIC HEALING	<p>My Sereni-Tea</p> <p>Ms. Deryn Higgins</p> <p>Tel: 296-2114</p> <p>www.myserenitea.com</p>	Bermudiana Arcade 4 th Fl 27 Queen Street Hamilton HM 11	<ul style="list-style-type: none"> • 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	<p>Caring Hearts Bermuda Ltd</p> <p>Tel: 543-1429</p> <p>Website: www.chbermuda.com</p> <p>Email: info@chbermuda.com</p>	Verdmont Valley Drive Smith FL 02	<ul style="list-style-type: none"> • \$100 Flat Fee – (regular rate \$200 contingent on packages) <p>Hours of operation: Monday to Friday 10:00AM – 6:00PM</p>

HOME CARE SERVICES	<p>Grace Rejuvenation Center</p> <p>Tel: 543-0033 or 524-7664 (cell)</p> <p>Website: www.gracecenter.info/</p> <p>Email: gracecenter8@gmail.com</p>	#41 Parsons Road Pembroke HM 15	<ul style="list-style-type: none"> • 10% - Senior Day Care 3 days or more per week (\$100 per day regular rate) <p>Hours of operation: Monday to Friday 8:30AM – 4:30PM</p>
HOME CARE SERVICES	<p>Healthcare Solutions Ltd</p> <p>Tel 705-2273 CARE)</p> <p>Website: www.healthcaresolutions.bm/</p> <p>Email: admin@healthcaresolutions.bm</p>	Mobile Service	<ul style="list-style-type: none"> • 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. <p>Discount: 10% off more than 10 hours a week</p> <p>Rate: \$43-\$45 per hour depending on the service required.</p>
LAB SERVICES	<p>HMC Burnaby Urgent Care & Medical Imaging</p> <p>Main Tel: 400-8378 Dr Appointments - 495-5745 Fax: 295-9935</p> <p>Website: www.hmc.bm</p> <p>Email: info@hmc.bm</p>	10-12 Burnaby Street, Hamilton HM 11	<ul style="list-style-type: none"> • 30% - annual physical exams • 20% - all Laboratory services • 20% - Electrocardiograms (ECG's)

LAB SERVICES	<p>Hope Health Care Services</p> <p>Tel: 295-9105</p> <p>Email: office@hopehealthcare.bm</p> <p>Website: www.hopehealthcare.bm</p>	<p>14 Woodbourne Avenue, Pembroke HM08</p>	<ul style="list-style-type: none"> • 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	<p>MoonGate Medical</p> <p>Tel: 295-4265 Fax: 296-8058</p> <p>Email: medicalreception@moongatebda.bm</p> <p>Website: www.moongatemedical.bm</p>	<p>#48 Sofia House Ground Floor 48 Church Street Hamilton HM FX</p>	<ul style="list-style-type: none"> • 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	<p>Northshore Medical & Aesthetics Center Dr. Kyjuan H Brown, MD, MH, DPD, CCFP and team of Doctors</p> <p>Tel: 293-5476</p> <p>Website www.nmac.bm</p> <p>Email: info@nmac.bm</p>	<p>North Shore Road, Devonshire DV 01</p>	<ul style="list-style-type: none"> • 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	<p>Ashlan Clinic - Integrated Massage Therapy for Health & Wellness</p> <p>Glenn Robinson, CMT, NMT Teshea Pitt, RMT DIP, ST</p> <p>Tel: 292-6830</p> <p>Website: www.ashlanclinic.com</p> <p>Email: info@ashlanclinic.com</p>	<p>48 Cedar Avenue (Pink Building) 2nd floor Hamilton HM 11</p>	<ul style="list-style-type: none"> • 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	<p>DAYROSIA</p> <p>Ms. Felica DeRoza</p> <p>Tel 505-4503</p> <p>Website: www.dayrosia.com</p>	<p>DAYROSIA 72 Church Street Teachers Place Hamilton HM 01</p> <p>(Entrance is at the rear of the grey building, through Joell's Alley next to the Children's Library</p>	<ul style="list-style-type: none"> • 10% MoonGate HIP Deep Tissue 60 Mins - \$135.00 • 10% MoonGate HIP Mobile 60Mins - \$130.00 • 10% MoonGate HIP Mobile 90 Mins - \$170.00 • 10% MoonGate HIP Therapeutic 60 Mins \$115.00 • 10% MoonGate HIP Therapeutic - 90 Mins - \$130.00

	Email: info@dayrosia.com		<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • \$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 4 th Fl 27 Queen Street Hamilton HM 11	<ul style="list-style-type: none"> • 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	Washington Mall 22 Church Street	<ul style="list-style-type: none"> • 15%-90 Min Lymphatic Drainage Massage (Reg Rate \$155.00) • 10% - 90 Min Tension Soother Massage (Reg Rate \$165.00)

	<p>Tel: 595-2727</p> <p>Email: Salon27Hamilton@outlook.com</p> <p>Website: spa27bermuda.com</p>	<p>3rd Floor Unit 309 Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - 60 Min Cupping Massage (Reg Rate 170.00)
<p>MENTAL HEALTH REHABILITATION</p>	<p>Dignity House</p> <p>Tel: 333-6095</p> <p>Website: www.dignityhousebm.com</p> <p>Email: rie@dignityhousebm.com</p>	<p>Dignity House 10 Bluff Lane Pembroke HM 09</p>	<ul style="list-style-type: none"> • 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 <p><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></p>
<p>MYOFUNCTIONAL THERAPY</p>	<p>Enhanced Expressions Myofunctional Therapy</p> <p>Lynette Colvin RDH, Myofunctional Therapist</p>	<p>#1 Trackside Lane Devonshire DV 01</p>	<ul style="list-style-type: none"> • Free - Initial Assessment • 25% - Consultation (regular rate \$250.00) • 10% - Neuromuscular Re-education (regular rate \$115.00)

	<p>Tel: 734-5673</p> <p>Website: www.enexmyofunctionaltherapy.clientsecure.me/</p> <p>Email: bigsmilesforyou@gmail.com</p>		
NATUROPATHIC MEDICINE	<p>Bermuda's Natural Doctor</p> <p>Dr. Richmond K. Simmons, ND</p> <p>Tel 799-6903</p> <p>Email: richmondsimmons@gmail.com</p>	<p>Apt #25 7 Hill Top Drive Southampton DN 01</p>	<ul style="list-style-type: none"> • 20% Initial Consultation • \$15-\$20 2nd Visit & Take-Home Remedies • \$15-\$20 3rd Visit & Take-Home Remedies
NATUROPATHIC MEDICINE	<p>Chom-Al's</p> <p>Dr. Alma Cholmondeley, LMT, CFI, Reflexologist, CPR, Craniosacral Therapy, Reiki Master, Therapeutic Touch, MS Science, Shiatsu, Theta Practitioner, ND</p> <p>Tel: 234-0221</p> <p>Email: dralcholmondeley@gmail.com</p>	<p>#4 Spire View Lane Soundview Road Sandy's MA 05</p>	<ul style="list-style-type: none"> • 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>

<p>NATUROPATHIC MEDICINE</p>	<p>Northshore Medical & Aesthetics Center</p> <p>Dr. Armani Flood, ND Tel: 293-5476</p> <p>Website: www.nmac.bm Email: amaniflood@nmac.bm</p>	<p>North Shore Road, Devonshire DV 01</p>	<ul style="list-style-type: none"> • 25% - \$150.00 Naturopathic Health Assessment • 25% - \$199.00 Treatment Package of 3 • 25% - \$299.00 - 3 Month Lifestyle Programs (weight, Diabetes, Chronic)
<p>NEPHROLOGY SERVICES</p>	<p>Kidney Care Bermuda & Bermuda Home Dialysis Services Ltd.</p> <p>Tel: 295-8999</p> <p>Website: kidneycare.bm</p> <p>Email: information@kidneycare.bm</p>	<p>63 Victoria Street Hamilton HM 12</p>	<ul style="list-style-type: none"> • 18% - Initial Nephrology Consult • 10% off- Follow Up Nephrology Visit • Free Kidney Function Screening • \$120.00 - CKD Education (Free to our patients))
<p>NUTRITIONIST</p>	<p>Bermuda Wellness & Outreach Centre</p> <p>Dr. Brent Williams, MD Dr. Leonard Gibbons, DRPH</p> <p>Tel: 292-4530</p> <p>Website: www.bwoc.bm</p> <p>Email: office@bwoc.bm</p>	<p>3 Gorham Road, Hamilton HM08</p>	<ul style="list-style-type: none"> • 10% - Nutritional Visits (regular rate \$57.00)
<p>NUTRITIONIST</p>	<p>ProHealth Wellness Bermuda</p> <p>Kelly J. Ingham, Pn1</p>	<p>P.O. Box 780 Warwick WK 04</p>	<ul style="list-style-type: none"> • \$80 – per month online nutrition & Wellness Program <i>(regular rate \$90.00 per month)</i> ✓ Includes – Daily emails on lessons & habits

	<p>Tel: 705-3939</p> <p>Email: prohealthwellnessbda@gmail.com</p>		<ul style="list-style-type: none"> ✓ 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	<p>The DRIPBaR at Epic Wellness</p> <p>Tel: 332-5366</p> <p>Email: pembrokebm275@thedripbar.com</p> <p>Website: www.thedripbar.com/bermuda/</p>	<p>12 Trott Road Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - One Lifestyle Vitamin Infusion with Vitamin B12 Shot) (Reg Rate: \$249 +\$25 Vitamin B12 Shot) • 100% - Free Vitamin B12 Shot
OCCUPATIONAL THERAPY	<p>Apex Allied Health</p> <p>Tel: 295-2739</p> <p>Email: info@apexalliedhealth.com</p>	<p>SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% Physiotherapy • 10% Occupational Therapy • 10% Speech and Language Therapy
OCCUPATIONAL THERAPY	<p>JOTS Occupational Therapy</p> <p>Tel 732-8999</p> <p>Email: Juliefarnsworthot@gmail.com</p> <p>Website: www.jotsoccupationaltherapy.bm</p>	<p>Weldon House #7 Victoria Street Hamilton</p>	<ul style="list-style-type: none"> • 5% Rates vary depending on location and duration of service

OPHTHALMOLOGY	<p>Bermuda International Eye Institute</p> <p>Tel: 232-3937 Fax: 236-4973</p> <p>Website: www.biio.bm/</p> <p>Email: info@biio.bm</p>	<p>129 Front Street 2nd Floor Ingham and Wilkinson Building Front Street Hamilton HM 12</p>	<ul style="list-style-type: none"> • 25% - Co-pay - Consultation & Office Visits • 25% - Cataract Surgery (Premium Lens) • 50% - Non-Covered Services – must pay at the time of visit
OTOLARYNGOLOGY <i>(Ear, Nose & Throat)</i>	<p>ENT Health Practice Limited Dr. Wesley Miller. MBA, MBBS, FRCSI</p> <p>Tel: 295-1331 Fax: 295-1077</p> <p>Website: www.entpracticewm.com</p> <p>Email: reception@entpracticewm.com</p>	<p>Park Place Medical Centre 1 Cedar Avenue Pembroke HM09</p>	<ul style="list-style-type: none"> • 10% - Consultations • 10% - Surgery / Procedures in office • 10% - Surgery at Hospital
PAIN MANAGEMENT	<p>Bermuda Pain Clinic Dr. Charles Swart, FRCA</p> <p>Tel: 333-7246 Fax: 400-4878</p> <p>Website: www.painfree.bm</p> <p>Email: bdapainclinic@gmail.com</p>	<p>12 Church Street Mechanics Building 3rd Floor Hamilton HM 11</p>	<ul style="list-style-type: none"> • 20% - New Consult (regular rate 150.00) • \$250.00 off – in office procedures (regular rate \$691.20)

<p>PAIN MANAGEMENT</p>	<p>Complete Care Clinic</p> <p>Dr. Cindy Morris</p> <p>Tel: 292-8131 Fax: 292-8134</p> <p>Email: completecarebda@gmail.com</p>	<p>7 Dundonald Street, Hamilton HM 10</p>	<ul style="list-style-type: none"> • 5% - co-pay for all visits.
<p>PHARMACY</p>	<p>Caesar's Pharmacy</p> <p>Tel:234-0851 Dispensary: 735-0851</p> <p>Website:www.caesarspharmacy.com</p> <p>Email: pharmacy@caesarspharmacy.com</p>	<p>30 Somerset Road, Sandys MA 02</p>	<ul style="list-style-type: none"> • 10% - Prescription Drugs for all MoonGate Clients. • 10% - Monday's Only - Discount for Seniors for Store Purchases.
<p>PHARMACY</p>	<p>Island Health Pharmacy</p> <p>Tel: 236-8585</p> <p>Website: www.ihp.bm</p> <p>Email: kleseur@ihp.bm</p>	<p>40 Point Finger Road, Paget DV 04</p>	<ul style="list-style-type: none"> • 10% - Prescription Medication • 10% - Over the Counter Medication
<p>PHARMACY</p>	<p>MoonGate Chemist by Caesar's</p> <p>Tel: 472-2209</p>	<p>Sofia House Ground Floor 48 Church Street</p>	<ul style="list-style-type: none"> • 25% - Off Co-Pay Prescription Medication

	<p>Fax: 249-7905</p> <p>Email: moongate@caesarspharmacy.com</p> <p>Website: www.moongatebda.bm/moongate-chemist</p>	Hamilton HM 11	
PHARMACY	<p>My Pharmacy LLC</p> <p>Dr. Olivia Benyak Pitcher</p> <p>Tel: 261-2000 Fax: 261-2001</p> <p>Website: www.mypharmacy.bm/ Email: mypharmacist@mypharmacy.bm</p>	Charities House 25 Point Finger Road Paget DV 04	<ul style="list-style-type: none"> • 20% - Pharmaceuticals (Prescription and Over the Counter) up to \$100 per medication. • Special Rate – on medications over \$100.00 Offered by the pharmacists
PHARMACY	<p>Northshore Pharmacy Ltd</p> <p>Tel: 296-3240 Fax: 296-3243</p> <p>Website www.northshorepharmacy.bm</p> <p>Email: info@northshorepharmacy.bm</p>	7 Northshore Road, Devonshire DV01	<ul style="list-style-type: none"> • 15% - Dispensing Fee for Seniors and for clients under age 65 daily

PHYSICIAN	Bermuda Internal Medicine Dr. Michael Ashton, MD Tel: 236-2100 Fax: 236-7734 Email: information@bim.bm	63 Victoria Street Hamilton HM 12	<ul style="list-style-type: none"> • Subsidized Infectious Disease clinic for patients meeting criteria.
PHYSICIAN	Burton Butterfield, M.D. Tel: 292-7737 Fax: 292-7743 Email: bgnetwork@northrock.bm	Charities House 25 Point Finger Road Paget DV 04	<ul style="list-style-type: none"> • 15% Physical Exams – Patient pays \$187.00 • 15% Regular Visits – Patients Pays \$90.10 • 15% EKG - Patient Pays \$90.10 <p>***Patients with acute illness requiring frequent follow-up visits for a short term / temporary period. No Co-payments.</p>
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	<ul style="list-style-type: none"> • 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	14 Woodbourne Avenue, Pembroke HM08	<ul style="list-style-type: none"> • 18% - annual physical exams (all physicians) • 18% - regular doctor visits

	<p>Website: hopehealthcare.bm</p> <p>Email: office@hopehealthcare.bm</p>		
PHYSICIAN	<p>Life Care Family Practice</p> <p>Dr. Fiona Ross, MD</p> <p>Tel: 234-1340 Fax: 234-6384</p> <p>Email: info@lifecare.bm</p>	#2 Hawthorn Lane Southampton SN 04	<ul style="list-style-type: none"> • \$75 Discount – Complete Physical Exam (Reg Rate \$350.00) • \$20 Discount – Follow Up Visits (Reg Rate \$145.00)
PHYSICIAN	<p>MoonGate Medical</p> <p>Dr. Peter Chipeta, BSC, MD, MMED</p> <p>Tel: 295-4265 Fax: 296-8058</p> <p>Email: medicalreception@moongatebda.bm</p> <p>Website: www.moongatemedical.bm</p>	#48 Sofia House Ground Floor 48 Church Street Hamilton HM FX	<ul style="list-style-type: none"> • 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	<p>Northshore Medical & Aesthetics Center</p> <p>Dr. Kyjuan H Brown, MD, MH, DPD, CCFP</p> <p>Team of Associate Physicians</p> <p>Tel: 293-5476</p>	North Shore Road, Devonshire DV 01	<ul style="list-style-type: none"> • \$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

	<p>Website www.nmac.bm</p> <p>Email: info@nmac.bm</p>		<ul style="list-style-type: none"> • Weight loss and nutrition - No Co-pay • Naturopathic Medicine - No co-pay
PHYSICIAN	<p>Premier Health & Wellness Center</p> <p>Dr. Stanley James, MD</p> <p>Tel: 292-5111 Fax: 292-5112</p> <p>Website: www.phwcbermuda.com/</p> <p>Email: info@premierhealth.bm</p>	38 King Street, Hamilton HM 12	<ul style="list-style-type: none"> • 50% - co-pay for annual physical exams • 50% - co-pay for regular doctor visits
PHYSIOTHERAPY	<p>Apex Physio</p> <p>Tel: 295-2739</p> <p>Email: info@apexphysio.com</p>	SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11	<ul style="list-style-type: none"> • 10% Physio Therapy • 10% Occupational Therapy • 10% Speech and Language Therapy
PHYSIOTHERAPY	<p>Enhanced Expressions Myofunctional Therapy</p> <p>Lynette Colvin RDH, Myofunctional Therapist</p> <p>Tel: 734-5673</p> <p>Website: www.enexmyofunctionaltherapy.clientssecure.me/</p>	#1 Trackside Lane Devonshire DV 01	<ul style="list-style-type: none"> • Free - Initial Assessment • 25% - Consultation (regular rate \$250.00) • 10% - Neuromuscular Re-education (regular rate \$115.00)

	Email: bigsmilesforyou@gmail.com		
PHYSIOTHERAPY	<p>Hanna Health Bermuda</p> <p>Tel 732-7030</p> <p>Website: hannahealth.bm</p> <p>email: admin@hannahealthhub.com</p>	48 Cedar Avenue 2 nd floor Hamilton HM 11	<ul style="list-style-type: none"> • 15% - Physiotherapy Session (regular rate \$120.00 per session)
PHYSIOTHERAPY	<p>In Touch Therapy</p> <p>Tanaeya Burch, Physiotherapist, Rochelle Wilkins-Duncan Physiotherapist</p> <p>Tel: 238-6824 Fax: 238-6825</p> <p>Website: www.intouch.bm/ Email: office@intouch.bm</p>	45 King Street Hamilton HM 19	<ul style="list-style-type: none"> • 30% - Initial Physiotherapy evaluation
PHYSIOTHERAPY	<p>Orthopedic & Physiotherapy Associates (OPA)</p> <p>Tel: 236-8881</p> <p>Website: www.opa.bm</p> <p>Email: physio@opa.bm</p>	'Trevelyan' 28 Point Finger Road Paget DV 04	<ul style="list-style-type: none"> • 25% - Physiotherapy
PODIATRY SERVICE	Arches Podiatry	'Healthways Building' #1 Cedar Avenue	<ul style="list-style-type: none"> • 10% - Initial Podiatry Consultation Fee \$130.00

	<p>Tel: 232-2724</p> <p>Natalie Bennett Stuart McIntosh Shaleeah Simmons</p> <p>Email:reception@archespodiatry.com</p> <p>Website:www.archespodiatry.com</p>	Pembroke HM 09	<ul style="list-style-type: none"> • 10% - Follow up Podiatry Consultation Fee \$120.00
PODIATRY SERVICE	<p>Atlantic Podiatry</p> <p>Tel: 533-2508</p> <p>Matthew Francis</p> <p>Website: www.atlantic-podiatry.com/ Email: info@atlantic-podiatry.com</p>	<p>4th Floor Dallas Building 7 Victoria Street Hamilton HM 08</p>	<ul style="list-style-type: none"> • 35% - Podiatry Services (all routine podiatry treatments) <p>***[regular rate \$120.00 - MG Clients with HIP or limited insurance plans Pay \$78.00]***</p>
PODIATRY SERVICE	<p>Feet First Podiatry</p> <p>Clinic- 261-3338 Mobile- 901-3338</p> <p>Taitu Kunze, MSc BSc (hons) MRCPod</p> <p>Email: info@feetfirstbda.com</p> <p>Website Feetfirstbda.com</p>	<p>Brown Brangman Building 100 Reid Street 3rd floor Hamilton HM12</p>	<ul style="list-style-type: none"> • 15% - Podiatry Services (Standard \$130.00 Visit) • 5% - Footcare Products (prices vary) <p style="text-align: center;">All MoonGate Clients</p>
PSYCHOTHERAPY	<p>Mayvera Wellness</p>	Mobile Service	<ul style="list-style-type: none"> • \$97.00 for 45 minutes session for psychotherapy for 12 sessions (regular rate \$200-\$250)

(counselling service)	<p>Dr. Jana Outerbridge</p> <p>Tel: 704-8372</p> <p>Website:www.mayverawellness.com</p> <p>Email: mayverawellness@gmail.com</p>		
REFLEXOLOGY	<p>Ashlan Clinic - Integrated Massage Therapy for Health &Wellness</p> <p>Glenn Robinson, CMT, NMT Tshea Pitt, RMT DIP, ST</p> <p>Tel: 292-6830</p> <p>Website: www.ashlanclinic.com</p> <p>Email: info@ashlanclinic.com</p>	<p>48 Cedar Avenue (Pink Building) 2nd floor Hamilton HM 11</p>	<ul style="list-style-type: none"> • 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 • 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	<p>Inner Balance Bermuda</p> <p>Mrs. Fiona Couper-Smith</p> <p>Tel: 333-5514</p> <p>Website: innerbalancebermuda.com</p> <p>Email: fionacoupersmith@gmail.com</p>	<p>#13 Jones Lane Warwick WK 01</p>	<ul style="list-style-type: none"> • \$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	<p>Complete Care Clinic</p> <p>Dr. Cindy Morris</p> <p>Tel: 292-8131 Fax: 292-8134</p> <p>Email: completecarebda@gmail.com</p>	7 Dundonald Street, Hamilton HM 10	<ul style="list-style-type: none"> • 5% - co-pay for all visits.
SPEECH & LANGUAGE THERAPY	<p>Apex Allied Health</p> <p>Tel: 295-2739</p> <p>Email: info@apexalliedhealth.com</p>	SE Pearman Building Ground Floor 9 Par-La-Ville Road Hamilton HM 11	<ul style="list-style-type: none"> • 10% Physiotherapy • 10% Occupational Therapy • 10% Speech and Language Therapy
SPEECH & LANGUAGE THERAPY	<p>Bright Speech Therapy</p> <p>Tel: 601-6001</p> <p>Mystere Monteiro</p> <p>Email: info@brightspeechtherapy.bm</p> <p>Website: www.brightspeechtherapy.bm</p>	31 Queen Street Suite 206 2nd Floor Hamilton HM11	<ul style="list-style-type: none"> • \$100 Off Assessment Fee \$430.00 - HIP Patients (60 mins) • 10% - Treatment- HIP Patients • 10% - Treatment Only – Non HIP Clients <p>Fees: 45 Mins - \$160.00</p>
SPORTS THERAPY	<p>Reactive Sports Therapy</p> <p>Kia Smith, Tel: 504-5515</p> <p>Website:</p>	Trott and Duncan Building 17A Brunswick Street Hamilton HM 10	<ul style="list-style-type: none"> • 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)

	<p>reactivesportstherapybda.com/ Email: sportstherapybda@outlook.com</p>		<ul style="list-style-type: none"> • 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	<p>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</p>	<p>44 Point Finger Road Paget DV 04</p>	<ul style="list-style-type: none"> • 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	<p>Argus Optical Parliament Street 292-0097 Reid Street 296-3926 Victoria Street 296-7861 Fax: 295-4454 Website: www.argusoptical.net/</p>	<p>Suite 204, Melbourne House, 11 Parliament St. Hamilton HM 12</p>	<ul style="list-style-type: none"> • 10% - Eye Examination • 10% - Frames • 20% - Transitions and Antiglare • 20% - Annual Supply Contact Lens
VISION	<p>Bermuda International Institute of Ophthalmology</p>	<p>129 Front Street 2nd Floor</p>	<ul style="list-style-type: none"> • 25% - Co-pay - Consultation & Office Visits • 25% - Cataract Surgery (Premium Lens)

	<p>Tel: 232-3937 Fax: 236-4973</p> <p>Website: www.biio.bm/</p> <p>Email: info@biio.bm</p>	<p>Ingham and Wilkinson Building Front Street Hamilton HM 12</p>	<ul style="list-style-type: none"> • 50% - Non-Covered Services – must pay at the time of visit
VISION	<p>Bermuda Optical Co</p> <p>Tel: 295-6175</p> <p>Website: www.bermudaoptical.bm/</p> <p>Email: info@bermudaoptical.bm</p>	<p>Mechanics Building Church Street Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - Eye Examination • 10% - Frames • 20% - Transitions and Antiglare • 20% - Annual Supply Contact Lens
VISION	<p>OnSight Optometry BDA</p> <p>Tel: 732-5891</p> <p>Ms. Tia Crockwell, Optometrist</p> <p>Website: onsightbda.com</p> <p>Email: contact@onsightbda.com</p>	<p>Mobile</p> <p>Hours Mon - 9:30AM- 8:00PM Tue-Fri 9:30AM- 5:00PM Sat – 9:30AM – 12:00PM</p>	<ul style="list-style-type: none"> • 10% - Mobile Eye Exam MG Clients - \$225.00 reg rate • 10% - Mobile Eye Exam MG Senior Clients - \$215 reg rate
VISION	<p>SPEXX Eyecare Eyewear</p> <p>Dr. Wannita Smith</p> <p>Tel: 292-5461 Fax: 295-0871</p>	<p>Ground Floor, 201 International Centre, 26 Bermudiana Road, Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - Eye Examination (rate \$140.00) • 10% - Frames • 15% - Annual supply of contacts

	<p>Website: www.spexeeyecare.com</p> <p>Email: info@spexxeyecare.com</p>		
VISION	<p>The Eyecare Center</p> <p>Dr. Monique Bean, OD, MPH, FAAO</p> <p>Phone: 295-3570 WhatsApp: 292-1932</p> <p>Fax: 292-5506</p>	<p>3 Park Road Hamilton HM 09</p>	<ul style="list-style-type: none"> • 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	<p>24 Hour Fitness</p> <p>Tel: 293-7479 Fax: 293-7479</p> <p>Website: www.24hourfitness.bm/</p> <p>Email: info@24hourfitness.bm</p>	<p>76 North Shore Road Hamilton Parish CR 01</p>	<ul style="list-style-type: none"> • 5% - Gym Membership (excluding Seniors 60 years +) • \$80 – Seniors (60 Years +)
WELLNESS	<p>Bermuda Small Circle Jujitsu Academy</p> <p>Shawn Harvey</p> <p>Tel: 518-8989</p> <p>Email: bermudajujitsu@hotmail.com</p>	<p>23 Berkeley Road Pembroke HM 19</p>	<ul style="list-style-type: none"> • 10% - Martial Arts Class \$150 per month regular rate • 10% -Martial Arts Class Family Rate (\$125 per month reg rate.)
WELLNESS	<p>BDA Pilates</p>	<p>27 Queen Street 2nd Floor Bermudiana Arcade</p>	<ul style="list-style-type: none"> • \$5.00 off– All Pilates single classes - Mat & Tower Mat Class (\$20.00 reg rate) Tower Class (\$30.00 reg rate)

	<p>Tel: 705-1668</p> <p>Website: www.bdapilates.com</p> <p>Email: info@bdapilates.com</p>	Hamilton HM 11	<ul style="list-style-type: none"> • \$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	<p>Bermuda Wellness & Outreach Centre</p> <p>Dr. Brent Williams, MD Dr. Leonard Gibbons, DRPH Dr. Elwood Fox, PM&R</p> <p>Tel: 292-4530 Fax: -295-1279</p> <p>Website: www.bwoc.bm</p> <p>Email: office@bwoc.bm</p>	3 Gorham Road, Hamilton HM08	<ul style="list-style-type: none"> • 10% - Nutritional Visits (regular rate \$95.00)
WELLNESS	<p>ENERGIZE! Wellness Solutions Ltd</p> <p>Aprille Choudhury-DeShield</p> <p>Tel: 599-8119</p> <p>Email: energizewellnessbda@gmail.com</p>	Mobile / Virtual Service	<ul style="list-style-type: none"> • \$50.00 Personal Training for 1 hour • \$25.00 Personal Training for half hour

WELLNESS	<p>Fit & Fierce Athletics</p> <p>Tel: 704-2444</p> <p>Monique Cook</p> <p>Email fitnfierceathletics@gmail.com</p> <p>Website: www.fit-n-fierce.com</p>	<p>41 Valley Road Paget PG 02</p>	<ul style="list-style-type: none"> • 50% - The Fiercely Active package is a 12-week program (Regular rate \$300.00) per client is inclusive of the following. <ul style="list-style-type: none"> ✓ Consultations ✓ Meal Plans ✓ Monthly Measurements ✓ Monthly Weigh In ✓ Fitness routines tailored for each client's goals. <p>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.</p> <ul style="list-style-type: none"> • 25% - All fitness merchandise & apparel •
WELLNESS	<p>Healing Essentials</p> <p>Mel Dupres Homeopath & Yoga Teacher</p> <p>Tel: 519-0612 Email: meldupris@yahoo.co.uk</p>	<p>Mobile Service & Virtual Service</p>	<ul style="list-style-type: none"> • 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	<p>Heaven and Earth Creative Healing Solutions</p> <p>Tracey Gibbons</p> <p>Tel: 747-2517</p> <p>Email: hvnandearth@gmail.com</p>	<p>45 Ord Road Paget PG 03</p>	<ul style="list-style-type: none"> • 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	<p>Inner Balance Bermuda</p> <p>Mrs. Fiona Couper-Smith</p> <p>Tel: 333-5514</p> <p>Website: innerbalancebermuda.com</p> <p>Email: fionacoupersmith@gmail.com</p>	#13 Jones Lane Warwick WK 01	<ul style="list-style-type: none"> • \$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)
WELLNESS	<p>Lightforce Yoga</p> <p>Robin Holder, Instructor</p> <p>Tel: 707-1796</p> <p>Email: robinholder10@yahoo.com</p>	Mobile Service	<ul style="list-style-type: none"> • \$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 <p style="text-align: center;"><i>All classes are for 1 hour</i></p>
WELLNESS	<p>Pivot Health Bda</p> <p>Website: www.pivothealthbda.com</p> <p>Tel: 707-4870</p> <p>Email: pivothealthbda@gmail.com education@pivothealthbda.com</p>	<p>*Mobile Service*</p> <p>By Appointment Only Monday – Friday 9am to 5pm</p>	<ul style="list-style-type: none"> • 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	<p>SPA 27</p> <p>Tel: 595-2727</p>	<p>Washington Mall 22 Church Street 3rd Floor Unit 309 Hamilton HM 11</p>	<ul style="list-style-type: none"> • 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)

	<p>Email: Salon27Hamilton@outlook.com</p> <p>Website: www.spa27bermuda.com</p>		
WELLNESS	<p>The DRIPBaR at Epic Wellness</p> <p>Tel: 332-5366</p> <p>Email: pembrokebm275@thedripbar.com</p> <p>Website: www.thedripbar.com/bermuda/</p>	<p>12 Trott Road Hamilton HM 11</p>	<ul style="list-style-type: none"> • 10% - One Lifestyle Vitamin Infusion with Vitamin B12 Shot) (Reg Rate: \$249 +\$25 Vitamin B12 Shot) 100% - Free Vitamin B12 Shot
WELLNESS	<p>VIDA Medical Spa Alaire Godfrey - Managing Director</p> <p>Tel: 295-8432</p> <p>Email: info@vidabermuda.com</p> <p>website: www.vidabermuda.com</p>	<p>Suite 308, International Center, 26 Bermudiana Road, Hamilton HM 11</p>	<ul style="list-style-type: none"> • 5% - initial consultation visit • Cosmetic Services - Laser, Botox, Hair Removal, Micro Blading, Tattooing Micro Needling.

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