MOONGATE GROUP

MOONGATE
EVACUATION SERVICES

HealthGap

Schedule of Benefits

Updated as of
November 3, 2026

HG –NOVEMBER 2026

MOONGATE GROUP

Ground Floor, Sofia House, 48 Church Street

MOONGATE GROUP

HealthGap

Schedule of Benefits

Category	Vendor	Vendor Contact	Benefit Rate
AIR AMBULANCE	**MoonGate Evacuation Services** Tel: 542-2200 MOONGATE EVACUATION SERVICES	MoonGate Group Website: www.moongatebda.bm	• Full Air Ambulance Coverage (including return, if necessary) • Commercial Air Transportation – American Airlines, Delta, etc. • Non-Injury Transportation • Recuperation / Repatriation • Helicopter Transportation • Escort Transportation • Minor Children Return • Ground Ambulance *(when emergency air transportation is required)* • 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 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
CARDIOLOGY SERVICES	**Cardio Care Diagnostics** Tel: 621-2233 Website: www.cardiocarediagnostics.com 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	**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 $105.00)
CHIROPRACTIC SERVICES	**Revive Health Center** Dr. Marc Hopper, DC Dr. William Luckwell, DC Tel: 292-4288 Fax: 292-8527 Email: revivehealthcenter@yahoo.com Website: revivehealthbda.com	Maxwell Roberts Bldg. Ground Floor #1 Church Street Hamilton HM 11	• 15% Chiropractic Treatment (regular rate $101.00)
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	**BDA Home Based Counseling Services** Jonathan Jervis, BWS, MSD, CFT Tel 534-5283 Email info@bdahomebased.com	Mobile Service / Tele Health Service Book Appointment through email or call.	• 15% -Individual Therapy $150.00 per hour • 15% - Couples Therapy $150.00 per hour • 15% - Family Therapy $150.00 per hour
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	**Tuwile Grief Support** Phone: 591-1107 Email: infotuwilebda.com Website: www.tuwilebda.com	Suite Solutions New Venture House 3 Mills Creek Road Pembroke HM 05	• $150.00 Per Session (Regular Session Rate $250.00)
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 *(regular rate $300..00 per session)*

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 2nd Floor 48 Church Street Hamilton HM	• 20% - Counseling Sessions -$80.00 per session *(Regular Rate $100.00 per session)*
DENTAL SERVICES	**Avant Dental** Dr. Shanna-Lee Burch Tel: 295-1035 Fax:295-3005 Website: www.avantdental.bm/ Email: office@avantdental.bm	International Center, 3rd Floor 26 Bermudian Road, Hamilton HM11	• 10% - Emergency/ Initial Exam • 10 % - (RCT) Root Canal Therapy • 10% - Fillings • 10% - Extractions • 10% - Oral Prophylaxis
DENTAL SERVICES	**Brunswick Dental Ltd** Dr. Natalie Semone Bruce, MPH,DDS Dr. Teleza Pitcher, DDS	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

	Tel: 292-2838 Website: www.brunswickdentalbermuda.com Email: appointments@brunswickdentalbermuda.com		
DENTAL SERVICES	**Coral Dental Ltd** Dr. Carmen Rabain Dr. Colleen Donnelly Tel: 295-8040 Website: www.coraldental.bm Email: dentist@coraldental.bm	Suite 401, 4th 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	78 Happy Valley Road Devonshire DV 03	• 10% - Fillings • 10% - Extractions • 10% - Examinations

	Email: happyvalleydental78@gmail.com		
DIAGNOSTIC IMAGING	**New Edge Diagnostics Ltd** Roche Wolffe, BBA RDMS AB, (OB/GYN) Phone: 261-9292 Fax: 232-0505 Website: www.newedgediagnostics.com Email: ultrasound@newedgediagnostics.com	#9 Par-La-Ville Road Pearman Building 3rd Floor Hamilton HM 11	• 10% - All imaging services for cash customers
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	14 Cemetery Road Pembroke, HM 07	• Various discounts on products

	Email: contact@lhmeds.com		
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.pivothealthbda.com Tel: 707-4870 Email: pivothealthbda@gmail.com education@pivothealthbda.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	**Alkaline Triangle** Tel: 704-1100 Website: alkalinetriangle.com Email: alkalinetriangle@gmail.com	Mobile	• 20% - 1 Hour Health Consultation (regular rate $150.00) • 15% - Follow up Consult & Wellness Package • 10% - Detox and Nutritional Products
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 *(Discount applied to cash transactions only)*
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	**Alkaline Triangle** Tel: 704-1100 Website: alkalinetriangle.com Email: alkalinetriangle@gmail.com	Mobile	• 20% - 1 Hour Health Consultation (regular rate $150.00) • 15% - Follow up Consult & Wellness Package • 10% - Detox and Nutritional Products
HOLISTIC HEALING	**Healthy Living Herbal Nutrition** Deedra Nanette Mobile: 599-3682 Tel: 297-3682 Email: healthyliving2011@live.com	15 Tribe Road No 1 Middle Road Devonshire DV 06	• 10% - Detox Foot Bath • 5% - Herbal Vitamins • 10% - Reflexology • 10% - Ear Candling • 10% - Bio Reading (Computerized) ** Mobile Services for Seniors only**
HOLISTIC HEALING	**My Sereni-Tea** Ms. Deryn Higgins Tel: 296-2114 www.myserenitea.com	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
HOME CARE SERVICES	**Caring Hearts Bermuda Ltd** Tel: 543-1429 Website: www.chbermuda.com Email: info@chbermuda.com	Verdmont Valley Drive Smith FL 02	• $100 Flat Fee – (regular rate $200 contingent on packages) Hours of operation: Monday to Friday 10:00AM – 6:00PM

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	**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) 2nd 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 Tel 505-4503 Website: www.dayrosia.com	DAYROSIA 72 Church Street Teachers Place Hamilton HM 01 (Entrance is at the rear of the grey building, through Joell's Alley next to the Children's Library	• 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		• 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**	Washington Mall 22 Church Street	• 15%-90 Min Lymphatic Drainage Massage (Reg Rate $155.00) • 10% - 90 Min Tension Soother Massage (Reg Rate $165.00)

	Tel: 595-2727 Email: Salon27Hamilton@outlook.com Website: spa27bermuda.com	3rd Floor Unit 309 Hamilton HM 11	• 10% - 60 Min Cupping Massage (Reg Rate $170.00) • 10% - 60 Sports Massage (Reg Rate $140.00)
MENTAL HEALTH REHABILITATION	**Dignity House** Tel: 333-6095 / 799-2297 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 - 20 mins session • 10% - Psychiatrist - $450.00 per month - 60 mins session • 10% - Residential Standard Program - $6,000 per month Costs include – room, food, laundry facility. utilities, daily nursing physical assessment and one – one on one session. • 10% Intensive Program $900.00 per night • 24 hours nursing support
MYOFUNCTIONAL THERAPY	**Enhanced Expressions Myofunctional Therapy** Lynette Colvin RDH, Myofunctional Therapist	#1 Trackside Lane Devonshire DV 01	• Free - Initial Assessment • 25% - Consultation (regular rate $250.00) • 10% - Neuromuscular Re-education (regular rate $115.00)

	Tel: 734-5673 Email: bigsmilesfouryou@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 *Discounts applied after 2nd Visit.*
NATUROPATHIC MEDICINE	**Northshore Medical & Aesthetics Center** Dr. Armani Flood, ND Tel: 293-5476 Website: www.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)

	Email: amaniflood@nmac.bm		
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 Tel: 705-3939 Email: prohealthwellnessbda@gmail.com	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 ✓ 24 hours access to trainer for 6 months ✓ Tools for lifestyle changes • $30 – Half hour personal training sessions *(regular rate $35.00 per hour)*

NUTRITIONIST	**The DRIPBaR at Epic Wellness** Tel: 707-3742 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
OCCUPATIONAL THERAPY	**JOTS Occupational Therapy** Tel 732-8999 Email: Juliefarnsworthot@gmail.com Website: www.jotsoccupationaltherapy.bm	Weldon House #7 Victoria Street Hamilton	• 5% Rates vary depending on location and duration of service
OPHTHALMOLOGY	**Bermuda International Eye Institute** Tel: 232-3937 Fax: 236-4973	129 Front Street 2nd Floor Ingham and Wilkinson Building Front Street	• 25% - Co-pay - Consultation & Office Visits • 25% - Cataract Surgery (Premium Lens) • 50% - Non-Covered Services – must pay at the time of visit

	Website: www.biio.bm/ Email: info@biio.bm	Hamilton HM 12	
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	7 Dundonald Street, Hamilton HM 10	• 5% - co-pay for all visits.

	Email: completecarebda@gmail.com		
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	**MoonGate Chemist by Caesar's** Tel: 472-2209 Fax: 249-7905 Email: moongate@caesarspharmacy.com	Sofia House Ground Floor 48 Church Street Hamilton HM 11	• 25% - Off Co-Pay Prescription Medication

	Website: www.moongatebda.bm/moongate-chemist		
PHARMACY	**My Pharmacy LLC** Dr. Olivia Benyak Pitcher Tel: 261-2000 Fax: 261-2001 Website: www.mypharmacy.bm/ Email: mypharmacist@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
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	**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.** Tel: 292-7737 Fax: 292-7743 Email: bgnetwork@northrock.bm	Charities House 25 Point Finger Road Paget DV 04	• 15% Physical Exams – Patient pays $187.00 • 15% Regular Visits – Patients Pays $90.10 • 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 Email: info@lifecare.bm	#2 Hawthorn Lane Southampton SN 04	• $75 Discount – Complete Physical Exam (Reg Rate $350.00) • $20 Discount – Follow Up Visits (Reg Rate $145.00)
PHYSICIAN	**MoonGate Medical** 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 Tel: 292-5111 Fax: 292-5112 Website: www.phwcbermuda.com/ Email: info@premierhealth.bm	38 King Street, Hamilton HM 12	• 50% - co-pay for annual physical exams • 50% - co-pay for regular doctor visits
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: bigsmilesfouryou@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	**Hanna Health Bermuda** Tel 732-7030 Website: hannahealth.bm email: admin@hannahealthhub,com	48 Cedar Avenue 2nd floor Hamilton HM 11	• 15% - Physiotherapy Session (regular rate $120.00 per session)
PHYSIOTHERAPY	**In Touch Therapy** Tanaeya Burch, Physiotherapist, Rochelle Wilkins-Duncan Physiotherapist Tel: 238-6824 Fax: 238-6825 Website: www.intouch.bm/ Email: office@intouch.bm	45 King Street Hamilton HM 19	• 30% - Initial Physiotherapy evaluation
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 Natalie Bennett	'Healthways Building' #1 Cedar Avenue Pembroke HM 09	• 10% - Initial Podiatry Consultation Fee $130.00 • 10% - Follow up Podiatry Consultation Fee $120.00

	Stuart McIntosh Shaleeah Simmons Email:reception@archespodiatry.com Website:www.archespodiatry.com		
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	**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	Mobile Service	• $97.00 for 45 minutes session for psychotherapy for 12 sessions (regular rate $200-$250)

	Website:www.mayverawellness.com Email: mayverawellness@gmail.com		
REFLEXOLOGY	**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) 2nd 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 • 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	7 Dundonald Street, Hamilton HM 10	• 5% - co-pay for all visits.

	Tel: 292-8131 Fax: 292-8134 Email: completecarebda@gmail.com		
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 *1 Hour* (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) *Reg $450* • 10% - Office follow up visit (Rate to Pay $216.00) *Reg $240* • 10% - Home Visit (Rate to Pay $315.00) *Reg $350*
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 Institute of Ophthalmology** Tel: 232-3937 Fax: 236-4973 Website: www.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

	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: 295-3570 WhatsApp: 292-1932 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	**Alkaline Triangle** Tel: 704-1100 Website: alkalinetriangle.com Email: alkalinetriangle@gmail.com	Mobile	• 20% - 1 Hour Health Consultation (regular rate $150.00) • 15% - Follow up Consult & Wellness Package • 10% - Detox and Nutritional Products
WELLNESS	**Bermuda Small Circle Jujitsu Academy** Shawn Harvey Tel: 518-8989 Email:bermudajujitsu@hotmail.com	23 Berkeley Road Pembroke HM 19	• 10% - Martial Arts Class $150 per month regular rate • 10% -Martial Arts Class Family Rate ($125 per month 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

	Email fitnfierceathletics@gmail.com Website: www.fit-n-fierce.com		✓ Monthly Weigh In ✓ 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	#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)

	Website: innerbalancebermuda.com 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 *All classes are for 1 hour*
WELLNESS	**Pivot Health Bda** Website: www.pivothealthbda.com Tel: 707-4870 Email: pivothealthbda@gmail.com education@pivothealthbda.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 3rd 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	**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.	wellcardRx powered by WellDyne	• Up to 80% Prescription Drugs at 65,000 Pharmacies throughout the United States. 