UNIMED

GROUP HEALTH PLAN

Preferred Provider Organisation

DIGITIZED DISCOUNT DIRECTORY



AUGUST 2026

+868-607-1274

ebenefits@mminsure.com

39 BOISSIERE VILLAGE, MARAVAL

WWW.MMINSURE.COM

TOUCH NAVIGATION

ALL SOCIAL MEDIA ICONS, PHONE NUMBERS, AND LOCATION PINS ARE **CLICKABLE**.

E.G:

TABLE OF CONTENTS IS ALSO FULLY INTERACTABLE FOR YOU TO SEEMLESSLY NAVIGATE TO WHAT YOU SEEK. JUST CLICK ON WHERE YOU WANT TO GO.

WE HAVE ALSO INSERTED THIS ICON AT THE BOTTOM LEFT OF EACH PAGE SO YOU CAN JUMP BACK TO THE TABLE OF CONTENTS AT ANY TIME.

INTRODUCING OUR PRIME PROVIDERS

PRIME PROVIDER

OUR EXCLUSIVE LIST OF VERIFIED AND TRUSTED PROVIDERS. PRIME PROVIDERS HAVE UNIMED'S STAMP OF APPROVAL. THIS CAREFULLY CURATED LIST SAYS THAT WE HAVE VERIFIED THE PRODUCTS AND SERVICES OF THIS PROVIDER AND HAVE DETERMINED THEM TO BE A CUT ABOVE THE REST. EXPERIENCE ENHANCED CONVENIENCE AND AFFORDABILITY WITH OUR TRUSTED PRIME PROVIDERS. DON'T MISS OUT ON EXCLUSIVE DISCOUNTS AND SUBSTANTIAL SAVINGS.

optometrists today

THE PROFESSIONAL CHOICE

BACK TO SCHOOL





GIFT A FRAME

with complete spectacle purchase $2500 and over

*conditions apply

FREE GIFT

For ALL Children with Complete Spectacle Dispensing

*conditions apply

STUDENT PACKAGES

Frame + Lenses

from

$695

*conditions apply

FRAME + LENSES with Transitions™

from $995

*conditions apply



*We accept **M&M Insurance**

223-2DAY 346-2DAY

www.optometriststoday.com

Port of Spain | Grand Bazaar | Centre City Mall | Gulf City Mall | The Falls at West Mall
Trincity Mall | Arima | Price Plaza | C3 Centre | East Gates Mall | XTRA Plaza, Aranguez South

TRINIDAD

NORTH PROVIDERS

DENTAL CARE.....01

MEDICAL CARE.....01

MEDICAL SUPPLIES AND EQUIPMENT.....02

MEDICAL LABS.....02

OPTICAL CARE.....03

PHARMACIES.....04

HOUSEHOLD.....05

SOUTH PROVIDERS

DENTAL CARE.....06

MEDICAL CARE.....06

MEDICAL SUPPLIES AND EQUIPMENT.....08

MEDICAL LABS.....08

OPTICAL CARE.....09

AUTOMOTIVES.....10

HOUSEHOLD.....11

EAST PROVIDERS

HOSPITAL.....10

DENTAL CARE.....10

MEDICAL CARE.....11

MEDICAL SUPPLIES AND EQUIPMENT.....12

MEDICAL LABS.....12

OPTICAL CARE.....13

PHARMACIES.....14

HOUSEHOLD.....14

WEST PROVIDERS

DENTAL CARE.....15

HOSPITAL.....16

MEDICAL CARE.....17

MEDICAL LABS.....18

OPTICAL CARE.....18

PHARMACIES.....19

HOUSEHOLD.....20

CENTRAL PROVIDERS

DENTAL CARE.....22

MEDICAL CARE.....23

MEDICAL LABS.....24

OPTICAL CARE.....24

PHARMACIES.....25

HOUSEHOLD.....25

TOBAGO

OPTICAL CARE.....26

MEDICAL CARE.....26



FREE!



- ☑ Blood Pressure Testing
- ☑ Blood Sugar Testing
- ☑ Cholesterol Testing

with your Eye Exam

VisualEyes

CUREPE 218-7375
TRINCITY 225-9960
CHAGUANAS 227-5150

TRINIDAD NORTH PROVIDERS:

DENTAL CARE

SMILE WORKS DENTAL CLINIC

SUITE 103 PRECISION PLACE, 43-45 WOODFORD ST, PORT-OF-SPAIN

622-6893

- *10% ON EXAMS, RADIOGRAPHS, 7% SCALING AND POLISHING & FILLINGS, 5% ON ROOT CANALS TREATMENT & ACRYLIC DENTURES*

PEARLY WHITES DENTAL CLINIC

#18 PICTON ST, NEWTON, PORT-OF-SPAIN.

298-0580 / 628-2329

- *20% OFF EXAMS, 10% OFF DENTAL SERVICES*

MEDICAL CARE

HEALTHNET CARIBBEAN - MARAVAL

#8 SADDLE RD, MARAVAL

285-4640 / 5642

$200 PER DOCTOR VISIT

DOCTORS SPECIALIST CENTRE

#7 WEST CHRISTINA COURT, MARAVAL

221-0657

- *5% OFF ALL SERVICES*

TRINIDAD NORTH PROVIDERS:

WHITE SCIENCE T&T
#29 ST CLAIR AVE, PORT-OF-SPAIN.
350-0965
- *5% OFF FIRST TIME VISIT*

MEDICAL SUPPLIES AND EQUIPMENT

TRIUS MEDICAL SALES AND SERVICES
GRAND BAZAAR SHOPPING MALL, VALSAYN
499-4222 / 610-3628
- *10% OFF CASH, 7% OFF DEBIT CARD, SPECIAL DISCOUNT FOR MEDICAL/PHARMACY STUDENTS*



MEDICAL LABS

CENTRAL MEDICAL LAB/ MEDAC CLINIC
#102 FREDERICK ST, PORT-OF-SPAIN
623-1394 / 625-6603
- *10% >= $500, 15% > $550, 20% > $1000*

TRINIDAD NORTH PROVIDERS:

ULTRASOUND TODAY
SHOP #6, EL SOCORRO SHOPPING VLG, SAN JUAN.
327-5465
- *5% OFF ALL REFERRED ULTRASOUNDS, DOPPLERS AND ECGS. NOT APPLICABLE TO 3D/4D ULTRASOUND.*

OPTICAL CARE

CARTER'S OPTICAL
#45 ELLERSLIE PLAZA, MARAVAL.
622-7975
- *15% OFF SPECTACLES, 10% SUNGLASSESS, 5% CONTACTS*

CHOICE OPTICAL LTD
#43-45 FREDERICK ST., PORT-OF-SPAIN
624-6126
- *10% OFF FRAMES & 10% OFF LENSES*

OPTICS PLUS
PLAZA ESPERMARIA, #27 CHARLOTTE ST, PORT-OF-SPAIN
623-3040 / 675-5049 / 622-9833
- *10% ON FRAMES AND LENSES*

FORSIGHT VISION CENTRE LTD
#60-62 FREDERICK ST, PORT-OF-SPAIN
624-6206 / 772-7563
- *10% OFF ALL UNDISCOUNTED GLASSES*

OPTOMETRISTS TODAY
FREDRICK STREET 1B OPTICS HOUSE, 76A FREDERICK ST. PORT-OF-SPAIN
623-2329
- *20% OFF FULL SPECTACLES*

TRINIDAD
NORTH PROVIDERS:

NORTH SHORE OPTICAL
#201 ALDEGONDA PARK, ST. ANN'S RD, PORT-OF-SPAIN.
621-2331

- *15% OFF ANY FRAME & LENSES, NOT INCLUDING ALREADY DISCOUNTED ITEMS OR PACKAGES*

PARILLON OPTICAL
#134A FREDERICK ST, PORT-OF-SPAIN.
623-4137

- *5% OFF 6-MONTHS SUPPLY OF CONTACTS, 15% OFF COMPLETE SPECTACLES*

OPTOMETRISTS TODAY
GRAND BAZAAR MALL CHURCHILL ROOSEVELT HIGHWAY, VALSAYN
645-2329

- *20% OFF FULL SPECTACLES*



PHARMACIES

ALI'S PHARMACY
#76 CHARLOTTE STREET, PORT-OF SPAIN
636-6960

- *2.5% ON SELECT ITEMS*

TRINIDAD NORTH PROVIDERS:

PENNYMED
#87 CHAROLTTE ST, PORT-OF-SPAIN
219-5578
- *3% ON SELECT ITEMS*

PERSONAL CARE PHARMACY
#72 ARANGUEZ MAIN RD, SAN JUAN.
638-2889
- *5% OFF STORE WIDE (FEW EXCEPTIONS APPLY) JOIN OUR LOYALTY PROGRAMME & GET 1% BACK ON ALL PURCHASES.*

MPHARMACY
10 LOCATIONS WITHIN MASSY STORES: ALYCE GLEN, BRENTWOOD, GULF VIEW, MARABELLA, MOKA, MANDALAY, ST AUGUSTINE, ST ANNS, TRINCITY AND WESTMOORINGS.
- *10% OFF STOREWIDE FOR CUSTOMERS AGED 50 AND OVER, AVAILABLE EVERY WEDNESDAY.*
- *3% OFF ON ALL PURCHASES EVERY DAY AT MPHARMACY.*

HOUSEHOLD

RELIABLE APPLIANCE PARTS AND SERVICE LTD – SAN JUAN
#150 LOWER BOUNDARY RD, SAN JUAN.
638-4754
- *10% DISCOUNT ON APPLIANCE PARTS AND REPAIRS, 5% DISCOUNT ON LARGE AND SMALL APPLIANCES.*

TRINIDAD SOUTH PROVIDERS

DENTAL CARE

LIFETIME SMILES DENTAL CLINIC

#114 HIGH ST, PRINCESS TOWN.
#5 PENAL ROCK RD, PENAL JUNCTION, PENAL.
220-2002 / 70-SMILE / 77-SMILE / 22-SMILE

- *50% OFF EXAMINATION & CONSULTATION, 25% OFF X-RAYS/RADIOGRAPHS, 5% OFF FILLINGS, 10% OFF PROFESSIONAL TEETH WHITENING, 10% OFF INVISALIGN CONSULTATION, 10% OFF 3D SCANS, 15% OFF CONE BEAN CT SCANS.*

GENTLE DENTISTRY & IMPLANT CENTRE LTD

#6 DICK ST, LES EFFORT, SAN FERNANDO
228-6725

- *50% OFF EXAMS, 25% OFF X-RAYS, (NOT INCLUSIVE OF PANO) 5% OFF BASIC RESTORATIVE, NOT INCLUSIVE OF SPECIALITY SERVICES*

IDENTAL HOUSE LTD

#14 CLARKE RD. JUNCTION, PENAL
647-4785

- *10% OFF TOTAL COST, INCLUSIVE OF ALL PROCEDURES.*

MEDICAL CARE

ISD HEALTH SOLUTIONS

UNIT A2 TWIN WALLS, #69 SOUTH TRUNK RD, LA ROMAINE.
279-0202

- *10% OFF ALL HOME SLEEP TESTS AND APAP THERAPY DEVICES AND SUPPLIES.*

TRINIDAD SOUTH PROVIDERS

LA PIQUE PLAZA DENTAL CENTRE

#6-8 COFFEE ST, SAN FERNANDO.

657-7111

- *10% OFF DENTAL PROCEDURES*

HEALTHNET CARIBBEAN - SAN FERNANDO/ SOUTH COAST

#37-39 PRINCESS MARGARET ST, SAN FERNANDO.

285-7262 / 5642

- *$200 PER DOCTOR VISIT*

STAR LAB SOLUTIONS

#79 SOUTHER MAIN ROAD MARABELLA.

274-5503

- *20% DISCOUNT ON EACH CLIENT REQUIRING OUR SERVICES.*

DR. FIDEL S. RAMPERSAD

THE SURGI-MED CLINIC CO. LTD, COR. CHACON & PENITENCE ST, SAN FERNANDO.

709-6881 / 712-1263

- *10% OFF ALL SERVICES*

GULF VIEW MEDICAL CENTRE

#715-716 MC CONNIE ST, GULF VIEW LINK RD, LA ROMAIN, SAN FERNANDO.

652-7102 EXT 303

- *10% ON XRAY, ULTRASOUND, LAB TESTS, & CT SCANS*

PRINCES TOWN MEDICAL LIMITED

#26 NAPARIMA MAYARO ROAD, PRINCESS TOWN.

749-6355 / 218-7865

- *5% OFF TOTAL VISIT*

SOUTHERN CATARACT SURGERY

XTRA PLAZA, MICHAEL RAHAEL BOULEVARD, SOUTH PARK, TAROUBA LINK ROAD, SAN FERNANDO.

613-6488 / 469-1869

- *10% OFF FIRST CONSULTATION*
- *5% OFF SURGERIES*

TRINIDAD SOUTH PROVIDERS

MEDICAL SUPPLIES AND EQUIPMENT

TRIUS MEDICAL SALES AND SERVICES

#22 DUMFRIES RD, LA ROMAIN, SAN FERNANDO

221-4955 / 770-4204 / 866-0026(TOLL FREE)

- *10% OFF CASH, 7% OFF DEBIT CARD, SPECIAL DISCOUNT FOR MEDICAL/PHARMACY STUDENTS*

MEDICAL LABS

ADVANTAGE LAB SERVICES LTD. (ALSL)

#66 GORDON ST, SAN FERNANDO

653-6993 / 290-3211

- *15% OFF ALL LAB DIAGNOSTIC TESTS*

GASPARILLO DIAGNOSTIC CENTRE

#7 HARMONY HALL RD, GASPARILLO

650-8722 / 326-1101

- *10% OFF ALL SERVICES*

PLATINUM MEDICAL LABORATORY SERVICES

#1048 SS ERIN ROAD, DEBE.

#1 GRELL ST, SIPARIA.

345-5570 / 640-7745

- *10% OFF BLOOD URINE AND STOOL TESTS*

SOUTHERN MRI LTD.

#101 CIRCULAR ORAD, SAN FERNANDO

226-4MRI (4674)

- *10% OFF ALL SERVICES*

TRINIDAD SOUTH PROVIDERS

MEDICAL LABS

TRUE-DAT DIAGNOSTICS

125 FIFTH AVENUE, MAHARAJ LANDS, MARABELLA

295-5647

- *10% OFF INITIAL ASSESSMENTS, 5% OFF HOME & OFFICE VISITS, 10% OFF SLEEP APNEA DIAGNOSTICS TESTING.*

VICTORIA DIAGNOSTIC IMAGING CENTRE

9-13 ARCHIBALD STREET, SAN FERNANDO

652-3409

- *10% DISCOUNT*

TRINIDAD SOUTH PROVIDERS

OPTICAL CARE

CHOICE OPTICAL LTD
51-53 HIGH STREET, SAN FERNANDO.
624-6126
- *10% OFF FRAMES & 10% OFF LENSES*

FERREIRA OPTICAL
LA ROMAIN, 2ND FLOOR, NEW NORTH TOWER, GULF CITY MALL
623-4054 / 7328
- *15% OFF ALL EYEWEAR*

RASHMI MATHUR OPTICAL
BLOCK A, LEVEL 1, ATLANTIC PLAZA, POINT LISAS.
679-7877
- *10% OFF FRAMES*

OPTOMETRISTS TODAY
C3 CENTRE, #31 CORINTH ROAD, SAN FERNANDO 652-2329
GULF CITY MALL, LEVEL 1, LA ROMAIN 657-2329
- *20% OFF FULL SPECTACLES*

EYE ASSIST OPTICAL LTD
DABIEDIAL ROAD, PENA 488-4071 / 294-5195
- *10% OF DESIGNER FRAMES AND 5% OF LENS*
- *FREE BLOOD GLUCOSE TESTING REQUIRED*
- *COMPLIMENTARY CATARACT & GLAUCOMA SCREENING AFTER THE YEAR OF PURCHASE*
- *COMPLIMENTARY GLASSES CLEANING EVERY 6 MONTHS.*

TRINIDAD SOUTH PROVIDERS

PHARMACY

MPHARMACY

10 LOCATIONS WITHIN MASSY STORES: ALYCE GLEN, BRENTWOOD, GULF VIEW, MARABELLA, MOKA, MANDALAY, ST AUGUSTINE, ST ANNS, TRINCITY AND WESTMOORINGS.

- *10% OFF STOREWIDE FOR CUSTOMERS AGED 50 AND OVER, AVAILABLE EVERY WEDNESDAY.*
- *3% OFF ON ALL PURCHASES EVERY DAY AT MPHARMACY.*

AUTOMOTIVE

AUTO SMASH REPAIRS AND CAR CARE LTD

#11 PLEASANTVILLE AVE, SAN FERNANDO.
657-1433 / 680-0872

- *10% OFF AUTO BODY WORK, PAINTING & DETAILING SERVICES. (NOT APPLICABLE TO INSURANCE JOBS AND PAINTOVERS)*

HOUSEHOLD

RELIABLE APPLIANCE PARTS AND SERVICE LTD – SAN FERNANDO

#9 CIPERO ST, SAN FERNANDO
657-4374

- *10% DISCOUNT ON APPLIANCE PARTS AND REPAIRS, 5% DISCOUNT ON LARGE AND SMALL APPLIANCES.*

TRINIDAD EAST PROVIDERS

HOSPITAL

MEDICAL ASSOCIATES:
ABERCROMBY ST, ST. JOSEPH.
662-3256
- *5% OFF SERVICES*

DENTAL CARE

DENTAL EXCELLENCE
#39 STELLA ST, CUREPE
468-2219 / 230-1178
- *15% OFF EXAMS AND CLEANINGS, 20% OFF RESTORATIONS (FILLINGS)*

INFINITY DENTAL CARE
#11 EMR, CUREPE
235-4568
- *10% OFF CLEANINGS AND FILLINGS*

PERMADENT DENTAL CLINIC
#45B SORZANO ST, ARIMA.
221-0598 / 769-2004
- *10% OFF DENTAL CLEANINGS, 5% OFF DENTAL CHECKUP WITH 2 XRAYS, 10% OFF DENTAL FILLINGS WITH 2 OR MORE DONE PER VISIT.*

CLEAN WHITE TEETH DENTISRTY
#32 EMR, ST. AUGUSTINE
754-7289 / 730-8891
- *10% OFF ALL SERVICES.*

DENTISTT
#133 EASTERN MAIN ROAD TACARIGUA.
232-9749
- *FREE EXAMS, $500 OFF DENTURES, FREE FLUORIDE TREATMENT WITH CLEANINGS, $500 OFF ROOTCANAL TREATMENT AND CROWNS. (APPLICABLE TO PFM CROWNS ONLY)*

TRINIDAD EAST PROVIDERS

MEDICAL CARE

ACTIVE REHAB & SPORTS INJURY CENTRE LTD:
17A CENTER OF EXCELLENCE MACOYA - TUNAPUNA
715-2349
- *10% OFF INITIAL ASSESSMENT, 10% OFF ALL TREATMENT PACKAGES + FREE 30 MINUTE MASSAGE*

WHITE MAX
3RD FLOOR, ASKOS BLDG, EMR, ST. JOSEPH.
221-1712
- *20% OFF ON WEDNESDAYS, 10% ON OTHER DAYS*

HEALTH CARE AT YOUR DOOR
APT 2C, EASTGATE ON THE GREEN, TRINCITY
724-5929
- *10% ON ALL SERVICES*

HEALTHNET CARIBBEAN - BARATARIA
#147 EASTERN MAIN ROAD, BARATARIA
285-4642 / 5642
- *$200 PER DOCTOR VISIT*

HEALTHNET CARIBBEAN - TACARIGUA
#22 EASTERN MAIN ROAD, TACARIGUA
221-6715 / 285-5642
- *$200 PER DOCTOR VISIT*

CARIBBEAN HEART CARE MEDCORP
ERIC WILLIAMS MEDICAL SCIENCES COMPLEX, MOUNT HOPE.
645-1712
- *5% OFF SERVICES*

TRINIDAD EAST PROVIDERS

CROISEE MEDICAL CLINIC & DIAGNOSTIC CENTRE

#32 EMR, SAN JUAN

229-2633 / 350-5087

- *50% DOCTOR CONSULTATIONS/MEDICAL EXAMS, 30% ECG/ULTRASOUND/BLOOD TEST, 20% URINE DRUG TEST.*

REIGN MEDICAL CLINIC

HENRY PIERRE TERRACE, EASTERN MAIN ROAD, ST. AUGUSTINE

665-5137

- *20% OFF HAEMODIALYSIS TREATMENT*

DR. SHAIK ALLA BAKSHU

#76 EMR, SAN JUAN, UPSTAIRS KADMINS PHARMACY.

665-5137

- *10% OFF ALL SERVICES*

HYATT MEDICAL CENTRE

#76 EMR, SAN JUAN.

674-2928

- *10% OFF LAB SERVICES*

ST. AUGUSTINE HEART CENTRE

#8 AUSTIN ST, ST. AUGUSTINE

662-7645 / 395-0977

- *10% OFF ALL SERVICES*

INTELLIMED CLINIC

78 EASTERN MAIN ROAD, D'ABADIE

743-0871 / 232-7516

- *FAMILY PHYSICIAN VISIT $200.00*
- *ECG $150 (50% DISCOUNTED)*
- *BLOOD TESTS 5% DISCOUNT*

TRINIDAD EAST PROVIDERS

MEDICAL SUPPLIES AND EQUIPMENT

A.A. LAQUIS:

COR. CHURCHILL-ROOSEVELT HIGHWAY & TISSUE DRIVE, TRINCITY.
640-2482

- *10% OFF ALL SERVICES*

MEDICAL LABS

VERDURE HEALTH SOLUTIONS LTD

HOUSE CALLS AVAILABLE IN EAST TRINIDAD
782-3277

- *20% OFF ALL BLOOD AND URINE TESTS.*
- *10% OFF HOUSE CALLS - INCLUDING BLOOD AND ACG.*

(DOES NOT APPLY TO SPECIAL OFFERS.)

HAEMA TEC MEDICAL LABORATORIES

#863 EMR, GUAICO JUNCTION, SANGRE GRANDE.
668-4000

- *10% OFF ALL SERVICES*

PLATINUM MEDICAL LABORATORY SERVICES

#43 E.M.R, AROUCA.
345-5570 / 640-7745

- *10% OFF BLOOD URINE AND STOOL TESTS*

TRINIDAD EAST PROVIDERS

OPTICAL CARE

CHOICE OPTICAL LTD
JADOO'S PLAZA, ARIMA.
624-6126
- *10% OFF FRAMES & 10% OFF LENSES*

FERREIRA OPTICAL LTD
SHOPS OF ARIMA, TUMPUNA RD, ARIMA.
623-4054 / 7328
- *15% OFF ALL EYEWEAR*

OPTICS PLUS
#58 EMR, SAN JUAN
623-3040 / 675-5049 / 622-9833
- *10% ON FRAMES AND LENSES*

OPTOMETRISTS TODAY
ARIMA, 31 QUEEN STREET. 667-2329
TRINCITY MALL, TRINCITY CENTRAL ROAD, TRINCITY. 640-2329
EAST GATES MALL, TRINCITY CENTRAL ROAD, TRINCITY 390-2329
- *20% OFF FULL SPECTACLES*

VISUAL EYES
SOUTHERN MAIN RD, CUREPE.
662-3937
- *10% OFF ALL PRODUCTS*

SKYLIMIT OPTICIANS
#4 RAILWAY RD, ARIMA
496-9559
- *15% OFF COMPLETE SPECTACLES, 10% OFF LENSES ONLY*

TRINIDAD EAST PROVIDERS

PHARMACIES

ALI'S PHARMACY

GRAND BAZAAR 645-6960
VALPARK SHOPPING PLAZA 662-6960

- *2.5% ON SELECT-ITEMS*

VITA DRUGS

#104 EL SOCORRO, SAN JUAN.
674-9435

- *5% OFF ALL PRODUCTS*

NORTH GATE PHARMACY

#289 FOSTER RD, SANGRE GRANDE.
221-7609

- *5% ON ALL DRUGS*

MPHARMACY

10 LOCATIONS WITHIN MASSY STORES: ALYCE GLEN, BRENTWOOD, GULF VIEW, MARABELLA, MOKA, MANDALAY, ST AUGUSTINE, ST ANNS, TRINCITY AND WESTMOORINGS.

- *10% OFF STOREWIDE FOR CUSTOMERS AGED 50 AND OVER, AVAILABLE EVERY WEDNESDAY.*
- *3% OFF ON ALL PURCHASES EVERY DAY AT MPHARMACY.*

TRINIDAD EAST PROVIDERS

HOUSEHOLD

RELIABLE APPLIANCE PARTS AND SERVICE LTD – ARIMA/ST. AUGUSTINE:

#32F PRO QUEEN ST, ARIMA 664-0111
#107 E.M.R, ST. AUGUSTINE 645-9526

- *10% DISCOUNT ON APPLIANCE PARTS AND REPAIRS, 5% DISCOUNT ON LARGE AND SMALL APPLIANCES.*

TRINIDAD WEST PROVIDERS

DENTAL CARE

GENTLE DENTISTRY & IMPLANT CENTRE LTD
#7 SADDLE RD, MARAVAL
228-6725
- *50% OFF EXAMS, 25% OFF X-RAYS, (NOT INCLUSIVE OF PANO) 5% OFF BASIC RESTORATIVE, NOT INCLUSIVE OF SPECIALITY SERVICES.*

LIFESTYLE DENTISTRY
#5 CRYSTAL STREAM AVE, DIEGO MARTIN.
633-9736
- *10% OFF ALL SERVICES*

SIGNATURE DENTAL
#7 ANGELINA ST, UNIT 1, ST. JAMES.
622-8080
- *12% OFF DENTAL SERVICES*

THE AVENUE DENTAL CLINIC
#29 ST CLAIR AVE, PORT-OF SPAIN.
350-0965
- *10% OFF ALL DENTAL PROCEDURES*

TRINIDAD WEST PROVIDERS

HOSPITAL

COMMUNITY HOSPITAL OF SDA

WMR, COCORITE.

+1 (868) 235-5479

- *10% OFF ROOM CHARGES, 10% OFF LABS, 5% OFF MEDICATION, 5% OFF X-RAY.*

PRIME PROVIDER



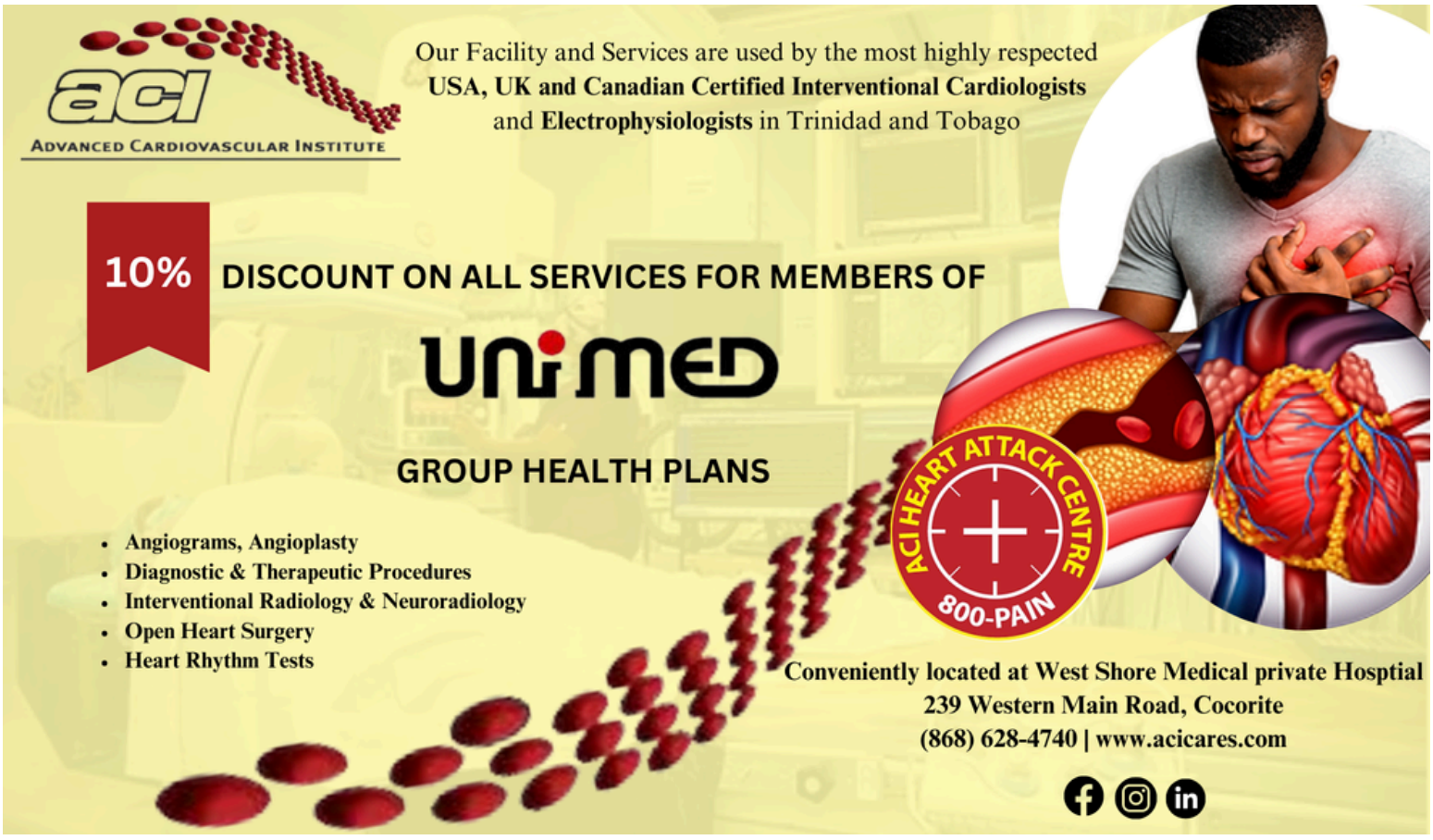
TRINIDAD WEST PROVIDERS

ROVON HOME HEALTH

#1A, BEARD STREET, WMR, CARENAGE

694-0866 / 755-7089

- *10% OFF MEDICAL EQUIPMENT RENTAL, 5% OFF PROFESSIONAL NURSING SERVICES*



TRINIDAD WEST PROVIDERS

MEDICAL CARE

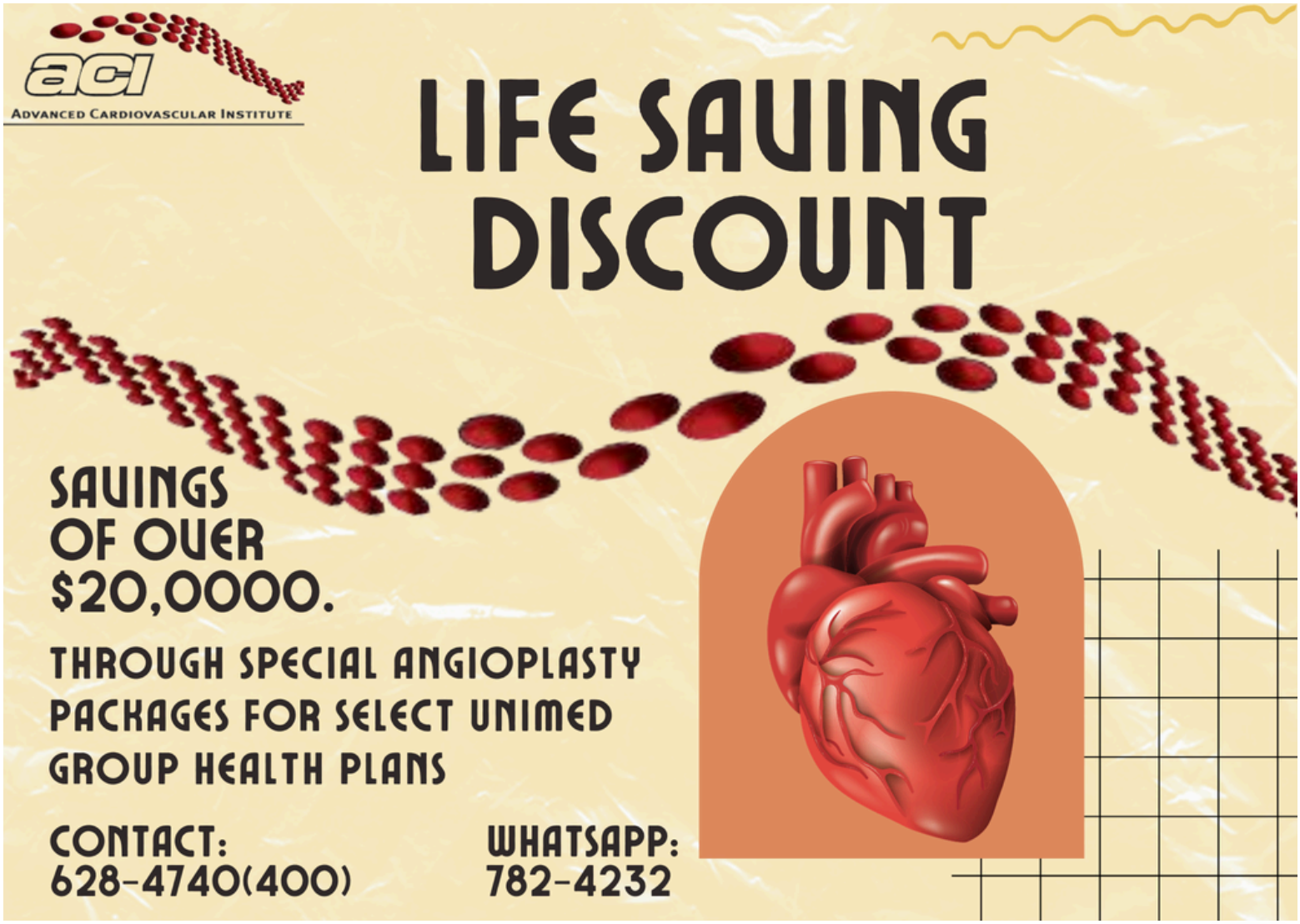
ADVANCED CARDIOVASCULAR INSTITUTE LTD

#26 ANA ST, WOODBROOK.

+1 (868) 628-4740

- *10% OFF ALL SERVICES*

PRIME PROVIDER



TRINIDAD WEST PROVIDERS

DR. JILL ROBERTSON
#8 SADDLE RD, MARAVAL
628-0106
- *10% ON BASIC CONSULTATIONS FEES OF $350, INTERNAL EXAMS, MNOR OFFICE PROCEDURES NOT INCLUDED IN DISCOUNT.*

BREATHE WELL AND LIVE LUNG LTD
#239 WESTERN MAIN ROAD, COCORITE, PORT-OF-SPAIN
754-1143
- 5% OFF ALL SERVICES.

FRACTURE & ORTHOPEDIC CENTRE LTD
#29A ST. CLAIR AVE, ST. CLAIR, PORT-OF-SPAIN.
622-2122
- *10% OFF DOCTOR VISITS*

INFINITY MEDICAL
#2 BADEN POWELL ST, WOODBROOK.
622-5425 / 375-6158 / 672-8062 / 396-1382
- *10% OFF ALL SERVICES*

PREMIER HEALTH CARE
#52 ANA ST, WOODBROOK.
221-2408
- *10% OFF ALL SERVICES*

ST. CLAIR M.R.I CENTRE
#11 HAVELOCK ST, CT CLAIR.
628-9780
- *10% OFF ALL SERVICES*

THE C.A.R.E CLINIC & MEDICAL CENTRE
#32 KITCHENER ST WOODBROOK
628-2225
- *5% OFF TOTAL VISIT*

TRINIDAD WEST PROVIDERS

MEDICAL LABS

VERDURE HEALTH SOLUTIONS LTD

#4A ALEXANDRA ST, ST CLAIR, PORT-OF-SPAIN
782-3277

- *20% OFF ALL BLOOD AND URINE TESTS.*
- *10% OFF HOUSE CALLS - INCLUDING BLOOD AND ACG.*

(DOES NOT APPLY TO SPECIAL OFFERS.)

BIO MEDICAL LAB

#9 LONG CIRCULAR RD, ST. JAMES.
374-2751 / 622-8450

- *10% OFF ALL SERVICES*

MEDICAL HEALTH CARE LAB

#13 CARLOS ST, WOODBROOK.
221-5150

- *10% OFF ALL LAB SERVICES*

RENEW STAR SERPENTINE

#14 RUST ST, ST. CLAIR.
622-7468

- *5% ON ALL SERVICES*

MRI OF TRINIDAD AND TOBAGO LTD

#26 ANA ST, WOODBROOK.
226-4MRI (4674)

- *10% OFF ALL SERVICES*

TRINIDAD WEST PROVIDERS

OPTICAL CARE

20/20 OPTICAL
#45 ANA ST., WOODBROOK, PORT-OF-SPAIN
232-9749

- *5% ON FRAMES/LENSES + CONTACT LENSES EXCLUDING SERVICES. CANNOT BE COMBINED WITH OTHER PROMOTIONS*

OPTOMETRISTS TODAY
THE FALLS AT WEST MALL, WESTMOORINGS
633-2329

- *20% OFF FULL SPECTACLES*

OPTICS PLUS
#105 WMR, ST. JAMES.
623-3040 / 675-5049 / 622-9833

- *10% ON FRAMES AND LENSES*

FERREIRA OPTICAL LTD
LEVEL 1, LONG CIRCULAR MALL, ST. JAMES.
623-4054 / 7328

- *15% OFF ALL EYEWEAR*

PHARMACIES

ALI'S PHARMACY
#131 TRAGARETE RD, WOODBROOK 628-9646,
WEST MALL 636-6960

- *2.5% ON SELECT ITEMS*

ALPHA DRUGS LTD
#161 DIEGO MARTIN MAIN ROAD, DIEGO MARTIN
638-2231 / 638-2235

- *5% PRECRIPTIONS, OTC DRUGS, PERFUMES, HAIR PRODUCTS*

TRINIDAD WEST PROVIDERS

BOURNES ROAD PHARMACY

COR. CHURCH ST. AND BOURNES RD, ST. JAMES.
622-3721

- *5% OFF PHARMACEUTICALS*

FARRO'S PHARMACY LTD

LONG CIRCULAR MALL, ST. JAMES.
622-8562 / 628-4358

- *5% OFF PHARMACEUTICALS & COSMETICS OFFICE PROCEDURES NOT INCLUDED IN DISCOUNT.*

W.M ALLUMS PHARMACY

MAJUBA CROSS RD, PETIT VALLEY.
637-5424

- *10% ON PRESCRIPTIONS*

RANDALL PHARMACY

#64 WMR, ST. JAMES.
622-5613

- *5% OFF DRUGS INCLUDED IN DISCOUNT.*

MPHARMACY

10 LOCATIONS WITHIN MASSY STORES: ALYCE GLEN, BRENTWOOD, GULF VIEW, MARABELLA, MOKA, MANDALAY, ST AUGUSTINE, ST ANNS, TRINCITY AND WESTMOORINGS.

- *10% OFF STOREWIDE FOR CUSTOMERS AGED 50 AND OVER, AVAILABLE EVERY WEDNESDAY.*
- *3% OFF ON ALL PURCHASES EVERY DAY AT MPHARMACY.*

HOUSEHOLD

RELIABLE APPLIANCE PARTS AND SERVICE LTD – ST. JAMES

#161 WMR, ST. JAMES.
622-1406

- *10% DISCOUNT ON APPLIANCE PARTS AND REPAIRS, 5% DISCOUNT ON LARGE AND SMALL APPLIANCES.*



M&M means MORE & MORE!

The savings just keep getting better for Unimed Group Health Plan members at Reliable Appliances!

Enjoy up to 10% off on appliance parts and repairs and up to 5% off large and small appliances when you present your membership card and photo ID.

Enjoy More & More of the best brands, best parts and best service today!

Some exclusions apply.

RELIABLE
APPLIANCES & PARTS
Make Your Appliances Reliable

FRIGIDAIRE Electrolux Whirlpool

www.reliableappliances.net

ARIMA
32F Pro Queen Street
Tel: 664-0111

SAN JUAN
150 Lower Boundary Road
Tel: 638-4754

ST. AUGUSTINE
107 Eastern Main Road
Tel: 645-9526

ST. JAMES
161 Western Main Road
Tel: 622-1406

CHAGUANAS
3 Caroni Savannah Road
Tel:672-6292

SAN FERNANDO
9 Cipero Street
Tel: 657-4374

TRINIDAD CENTRAL PROVIDERS

DENTAL CARE

ADVANCED DENTAL CARE CENTRE LTD
LP#18 CARONI SAVANNAH ROAD, CHAGUANAS
665-6455
- *10% OFF DENTAL PROCEDURES*

CHAGUANAS DENTAL CLINIC
#19 MAIN RD, CHAGUANAS
665-6074
- *10% OFF ALL DENTAL PROCEDURES*

DR. FRANCO FAMILY DENTAL
#128 CARONI SAVANNAH RD, CHARLIEVILLE, CHAGUANAS
665-5137
- *10% ON ALL SERVICES*

GENTLE DENTISTRY & IMPLANT CENTRE LTD
#35 RAMSARAN ST, CHAGUANAS
228-6725
- *50% OFF EXAMS, 25% OFF X-RAYS, (NOT INCLUSIVE OF PANO) 5% OFF BASIC RESTORATIVE, NOT INCLUSIVE OF SPECIALITY SERVICES.*

ISLAND SMILES DENTISTRY LTD
#4 SUMARIA TR. EAST CHARLIEVILLE, CHAGUANAS.
362-5914
- *50% OFF DENTAL EXAMS, 15% OFF DENTAL X-RAYS, 15% ON TEETH CLEANINGS AND POLISH, 40% OFF FLUORIDE TREATMENTS, 10% OFF FILLINGS, 5% OFF SURGICAL EXTRACTIONS, 5% OFF ROOT CANAL TREATMENTS, 5% OFF LAB PROCEDURES. (DENTURES/CROWNS/BRIDGES).*

TRINIDAD
CENTRAL PROVIDERS

ST. MARY'S DENTAL CLINIC
ST. MARY'S JUNCTION, FREEPORT
673-4542
- *10% OFF ALL DENTAL PROCEDURES*

TOOTH CARE DENTAL
NOEL ST, COUVA
708-0009
- *10% OFF ALL DENTAL PROCEDURES EXCEPT DENTURES, CROWNS, BRIDGES*

MEDICAL CARE

WHITE SCIENCE T&T
#19 MAIN RD, CHAGUANAS.
350-0965
- *5% OFF FIRST TIME VISIT*

HEALTHNET CARIBBEAN - CUNUPIA
BLDG #3 LP 150 CHADEE LOHAR RD, MUNROE SETTLEMENT, CUNUPIA
285-5642 / 4636
- *$200 PER DOCTOR VISIT*

HEALTHNET CARIBBEAN - COUVA
LOT 82 CORNER BALMAIN & LALLA ROAD, COUVA
285-4641 / 5642
- *$200 PER DOCTOR VISIT*

FIRST CALL MEDICAL SERVICES
GLOBE CITY MALL, CHASE VILLAGE FLYOVER.
325-8036
- *15% OFF DOCTOR FEES/ USS PAP SMEAR.*

TRINIDAD
CENTRAL PROVIDERS

MEDICAL LABS

BIO Q LAB
APT. F9, COUVA SHOPPING PLAZA.
636-5871
- *SENIOR CITIZENS >60 = 15%, OTHER = 10%*

INFINITY MEDICAL
GLOBE CITY MALL, CHASE VILLAGE FLYOVER.
622-5425 / 375-6158 / 672-8062 / 396-1382
- *10% OFF ALL SERVICES*

OPTICAL CARE

VALUE OPTICAL
#9 SMR, CHAGUANAS
225-4865
- *20% OFF FRAMES & 10% OFF LENSES*

OPTOMETRISTS TODAY
PRICE PLAZA SHOP#10, PRICE PLAZA, CHAGUANAS 671-2329
CENTRE CITY MALL, MAIN ROAD, CHAGUANAS 672-2329
- *20% OFF FULL SPECTACLES*

CHOICE OPTICAL LTD
SMR, CHAGUANAS
624-6126
- *10% OFF FRAMES & 10% OFF LENSES*

TRINIDAD CENTRAL PROVIDERS

PHARMACIES

CHARLIEVILLE COMMUNITY PHARMACY
#131 CARONI SAVANNAH RD, CHAGUANAS
672-5748
- *5% OTC ITEMS, 7.5% BOXES OF ETHICAL AND OTC ITEMS.*

HEALTHWISE PHARMACY
LOT. 6A SMR, MC BEAN TR, COUVA
223-7074
- *3-5% OFF SELECT ITEMS*

MPHARMACY
10 LOCATIONS WITHIN MASSY STORES: ALYCE GLEN, BRENTWOOD, GULF VIEW, MARABELLA, MOKA, MANDALAY, ST AUGUSTINE, ST ANNS, TRINCITY AND WESTMOORINGS.
- *10% OFF STOREWIDE FOR CUSTOMERS AGED 50 AND OVER, AVAILABLE EVERY WEDNESDAY.*
- *3% OFF ON ALL PURCHASES EVERY DAY AT MPHARMACY.*

HOUSEHOLD

RELIABLE APPLIANCE PARTS AND SERVICE LTD – CHAGUANAS
#3 CARONI SAVANNAH RD, CHAGUANAS
672-6292
- *10% DISCOUNT ON APPLIANCE PARTS AND REPAIRS, 5% DISCOUNT ON LARGE AND SMALL APPLIANCES.*

TOBAGO

OPTICAL CARE

EXPRESS OPTICAL

CROWN POINT SHOPPING PLAZA, CROWNPOINT, TOBAGO.
660-3727 / 631-0738

- *10% OFF COMPLETE GLASSES NOT DICSOUNTED*

MEDICAL CARE

TOBAGO MEDICAL HUB LIMITED

UNIT #3, SHIRVAN PLAZA, SHIRVAN ROAD TOBAGO
265-1575
798-1097
373-3214

- *20% OFF SELECT SERVICES*