

North West

Total Benefits Specialists Limited Network DENTISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Bartholomew, Brendon (Dr) - The Practice	Dental Surgeon	52 Luis Street, Woodbrook	North West	the.practicett@gmail.com	622-1010
Dental Smiles Limited (Dr. Nicholas Quong Sing)	Dental Surgeon	# 20 Fit Street Woodbrook	North West	dentalsmilesld@gmail.com	225 2356 478 9183
DeVerteul, Paul (Dr)	Dental Surgeon	69 Roberts Street - Woodbrook	North West	info@numcdtt.com	289-4836 316-1383
Ebrahim Ghuran (Dr)- Dental Solutions Ltd.	Dental Surgeon	38 Petra Street, Woodbrook	North West	ebghuran@yahoo.com; smiles@trinidaddentalsolutions.com	628-7787
Endeavour & Maraval Limited Dr. N. Souza-Okpofabri Dr. Neil Woon Sam Dr Carlyse Russell-Hosein	Dental Surgeon	43-45 Frederic St., Port of Spain	North West	endeavourandmaraval43@gmail.com	623-2326
		66 Maraval Road, Port of Spain	North West	reception@endeavourandmaraval.com	622-5039
Gentle Dentistry & Implant Centre Ltd. (Dr. Ramcharitar)	Dental Surgeon	# 1 Western Main Road, St. James	North West	jerushakgdl@gmail.com	628-1456
		Unit 48-49 Royal Palm Plaza #7 Saddle Road Maraval	North West	ceccassi.gdl@gmail.com tynergdl@gmail.com	226-0040
Hamarayan Orthodontics Ltd. Hamarayan, Sastrri (Dr)	Orthodontist	56- 58 Robert Street, Woodbrook	North West	hamarayan.orthodontics@gmail.com	622-6933
Kissoon, Vian (Dr)	Dental Surgeon	3A Warren Street, Woodbrook	North West	drviankissoon@gmail.com	628-6620
Life Style Dentistry- Kevin Moze (Dr)	Dental Surgeon	27 Laburnham Avenue West, Petit Valley	North West	lifestyledentistry78@gmail.com	633-9736
New Smiles Dental Clinic - Dr. Elizabeth Prayman	Dental Surgeon	196 El Socorro Road, San Juan	North West	eprayman2010@gmail.com	675-9952
Nu View Endodontics - Warner, Jason (Dr)	Endodontist	5 Roberts Street, Woodbrook	North West	nuviewendo@gmail.com	223-8889
Onika Chase, Sherline (Dr)	Dental Surgeon	4 O'Connor Street, Woodbrook	North West	dr.sherlinechase@yahoo.com	625-5096
Relax Dental - Young, Christopher (Dr)	Dental Surgeon	57 Ana Street, Woodbrook	North West	contact@relaxdentaltt.com	225-6050
Serpentine Dental Care - Lee, Christiana (Dr)	Dental Surgeon	1A Stephen's Road, Maraval	North West	serpentedental@gmail.com	221-5191 741-5657
Shivaughn, Marchan (Dr)	Dental Surgeon	17 Gallus Street, Woodbrook	North West	shivaughnmarchan@gmail.com	624- 3368
Smile Works Dental Clinic - Jagdeo, Alida (Dr)	Dental Surgeon	Suite 103 Precision Place, 43-45 Woodford Street, Port of Spain	North West	smile.worksdent@gmail.com	622-6893
Ward, Patrice (Dr)	Dental Surgeon	93 Cascade Road, Cascade	North West	dr.pward@gmail.com	372-1009
Wright, Arlene (Dr)	Orthodontist	38 Petra Street, Woodbrook	North West	familyorthodonticpractice@gmail.com	627-3244
Cosheb Professional Services Ltd	Dental Surgeon	#9 Meerut Street, St.James	North West	cosheb@gmail.com	680-6612 219-9243
Dr. Dorian Khan / Oral Priority Dental Centre Ltd	Dental Surgeon	West Bees Shopping Complex, #7-11 Diego Martin Main Road.	North West	oralpriority@outlook.com	288-2627 489-1546
Opal Essence Dental Enterprises / Dr. Opal Roopchand	Dental Surgeon	#5 Rust Street, St. Clair	North West	droopchandopal@gmail.com	645-1200 476-8267
868 Dental Studio Ltd / Dr. Candice Cunningham	Dental Surgeon	# 4 O'Connor Street, Woodbrook	North West	cjcunningham2004@gmail.com	231-5059
Impressive Expressions Ltd / Dr. Rennie Roopchand	Dental Surgeon	#93 Cascade main Road, Cascade.	North West	drrennieroopchand@gmail.com millemmiumdms@yahoo.com	610-7667
San Juan Dental Clinic Ltd - Dr. Muhammad Ibrahim	Dental Surgeon	#112 E.M.R San Juan	North West	sanjuandentalclinic@gmail.com	675-8997

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ames, Alexandra (Dr)	GP	9-11 Pitt Street, Woodbrook	North West	alexandraamest@gmail.com	221-3983
Fit to work Medical Services- (Bhimsingh, Adesh Dr)	GP-Occupational Medicine	3A Warren Street, Woodbrook	North West	fwmedical@gmail.com	468-4948 628-6620
Chang Kit, Anthony (Dr)	GP	117A Henry Street, POS	North West	ayckit@hotmail.com	637-3587
Clapperton, Maria (Dr)	GP-Family Medicine	# 7 Fitzblackman Drive, Woodbrook	North West	montevistamedical@gmail.com	625-9983
Coombs, Victor (Dr)	GP-Occupational and Environmental Health	7 White St Woodbrook	North West	gmeshld@gmail.com	222-8021
Emmanuel, Giselle (Dr)	GP	19 A Madras Street, St. James	North West	gismmanuel@gmail.com	622-5230 228-1380
Grant, Caroline (Dr)	GP	#16 Coblenz Avenue Cascade	North West	familymedicaltr@gmail.com	241-2071
Griffith, Fitzclarence (Dr)	GP	Doctor's Inn, 92 Oxford Street	North West	boviedoc@yahoo.com	625-4282 627-4467
Henry, Paula (Dr)	GP	Doctor Inn, 92 Oxford Street	North West	friley@drsim.com	627-7920 627-7728
Nicholls, Kerwyn (Dr)	GP	15 Cawnpore Street, St James	North West	doenicholls@hotmail.com	622-4113 221-9905
Rahman, Rainer (Dr)	GP	#8 Sultan Lane, El Socorro, San Juan.	North West	doctorahman@hotmail.com	609-9069
Renata, Pooran (Dr) / Renand Ltd	GP	23 Lucknow Street, St James	North West	leelamahabir@renandltd.com	622-7032 622-5696
Richardson, Sherma (Dr) (Border Life Medical Laboratory Ltd)	GP	#71 EMR San Juan	North West	borderlifemedlab@gmail.com	229-8643 316-1383
Robertson, Jill (Dr)	GP	8 Saddle Road, Maraval	North West	doctorsoffice5433@gmail.com	628-0106
Roopchand, Barry (Dr) - (Horizon Health Care Ltd)	GP	Lot #5 Chootoo Road, El Socorro	North West	horizonhctt@gmail.com	222-0638
Tewari, Ragubance (Dr)	GP	Chanka's Court, El Socorro Road, San Juan	North West	tewari8@gmail.com	675-3811
Dr. Anasha Tewari-Bridgelal	GP	Chanka's Court, El Socorro Road, San Juan	North West	anashatewari@live.com	675-3811
Van West-Charles-Le Blanc, Asante (Dr) - Victoria Clinic Limited	GP	54 Gallus Street, Woodbrook	North West	aleblanc@victoria-clinic.net	622-2221
Young Pong ,Oliver (Dr)	GP	15 Cawnpore Street, St James	North West	oyoungpong@gmail.com	622-4113 221-9095
Dr. William Dhanessar	GP	4 O'Connor Street, Woodbrook	North West	drwilliamd@gmail.com	682-4135
Health Direct Services / Dr.Sinead Perkins	G.P-Family Medicine	#23 Taylor Street, Woodbrook	North West	admin@healthdirectservices.com	222-9999
SBT Medical Services Ltd - Dr. Kris Sookdeo	G.P	#3 E.M.R San Juan	North West	support@sbtrinid.com	366-5446 725-4SBT (4728)
Jouven Place Ltd / Dr. Lorraine Patience	G.P	Corner Jouven Drive & Mome Coco Road, Petit Valley.	North West	jouvendrivemedicalcentre@yahoo.com lorraine.patience@yahoo.co.uk	637-4271

Total Benefits Specialists Limited Network SPECIALISTS					
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NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Shim, Dexter Wesley (Dr)	Ear, Nose & Throat Specialist	Good Health Medical Centre, POS	North West	IKD.WDS@gmail.com	623-5880
Suite, Marilyn (Dr)	Dermatologist	Dundonald Street, POS	North West	marilynsuite@yahoo.com	625-7176
Bartholomew, Maria (Dr)	Gastroenterologist	Luis Street, Woodbrook	North West	bartholomew.maria@gmail.com	628-1355
Dan, Dilip (Dr)	General & Laparoscopic Surgeon	75 Luis Street, Woodbrook	North West	drdanreceptionist@hotmail.com	622-9909
Griffith, Fitzclarence (Dr)	General Surgeon	92 Oxford Street, POS	North West	friley@drsim.com	625-4282
Henry, Ronald (Dr)	Interventional Cardiologist	Doctors Inn, 92 Oxford Street, POS	North West	friley@drsim.com	627-7920 627-7728
	Interventional Cardiologist	West Shore Medical, Cocorite	North West		628-3239
Adam, Rasheed (Dr)	Neurosurgeon	121 Western Main Road, St. James Medical	North West	rash97@live.com	622-6023
Mahadeo, Steve (Mr)	Neurosurgeon	C/O SCMC, 18 Elizabeth Street, St. Clair	North West	neuraxislimited@gmail.com	628-1451
Ramecharan, Robert (Dr)	Neurosurgeon	C/O SCMC, 18 Elizabeth Street, St. Clair	North West	neuraxislimited@gmail.com	628-1451
Bhagan, Samantha (Dr)	OBGYN	GoodHealth Medical Centre, Woodbrook	North West	samanthabhagan@hotmail.com	625-9983
Black-Boxill, Sandra(Dr)	OBGYN	46 O'Connor Street, Woodbrook	North West	todayswomanobgyn@gmail.com	628-1202
Keith, Clifford (Dr.)	OBGYN	92 Oxford Street, POS	North West	friley@drsim.com	625-4282
Jaggat, Anilla (Dr)	OBGYN	West Shore Medical Centre, 239 Western Main Road, Cocorite	North West	djaggat@gmail.com	285-5019
Indar, Rupert Jr. (Mr)	Orthopaedic Surgeon	#1 Adam Smith Square, Woodbrook	North West	info@orthospineinstitutet.com; rupertindar@yahoo.com tamara.phillip@smctt.com shellyann.bhola@smctt.com	624-4963
Mencia, Marlon (Mr) Trinidad Athroplasty Services Ltd.	Orthopaedic Surgeon	WestShore Medical, Cocorite	North West	hipandkneeclinic@gmail.com	622-5192
Toby, David (Dr)	Orthopaedic Surgeon	Specialist Centre, Dundonald Street, POS	North West	davidtoby207@gmail.com	625-4744
Dwarka, Wendell (Dr)	Otolaryngologist	Henry Pierre Street, St James	North West	wendelldwarka@gmail.com otolaryngologist07@gmail.com	622-7178
Lynette Welch (Dr.)	Paediatrician	49 Ana Street, Woodbrook	North West	iren.limited49@gmail.com	622-7210
Poon-King, Peter (Dr)	Rheumatologist	CVA Limited, 92 Oxford Street, POS	North West	friley@drsim.com	625-4282
Lilas, Leon (Mr)	Urologist	65 Rosalino Street, Woodbrook	North West	tnurology@gmail.com	622-7239
Maharaj, Dale (Dr) Caribbean Vascular & Vein Clinic Ltd.	Vascular Surgeon / Wound Care	C/O SCMC, 18 Elizabeth Street, St. Clair	North West	mleedhinds@gmail.com	622-9665
Dr. Lall Sawh	Urologist	WestShore Medical, Cocorite	North West	lallsawh@gmail.com sawhrecepion@gmail.com	285-5019 360-7373
Dr. Earl Brewster / Earl Brewster Medical Ltd	OBGYN	#84 Maraval Road, St. Clair, Newtown, P.O.S	North West	drebrewster@gmail.com	622-2979
Dr. Phillip St. Louis / West Indian Neurosciences Ltd	Neuro-Surgeon	#14 Church Street, St. James	North West	wint@ain.md	735-0000
Dr. Judith Henry / Shalom Associates Ltd	Gastroenterologist	#31 Gordon Street, Port of Spain	North West	shalomasso@day.com	625-3445
Caribbean Vitreous & Retina Surgery Ltd	Ophthalmologist	Royal Palm Plaza, Saddle Road, Maraval.	North West	customerservice@trinidadeyehospital.org	620-1025 235-4834
Dr. Thivy Kuruvilla / TSK Services	Specialist Surgeon	St. Clair Medical Centre - #18 Elizabeth Street, St.Clair.	North West	kuruvillathivy@gmail.com	622-1793
Dr. Amrit Ramhajan	Laparoscopic, Bariatric & General Surgeon	ST. Clair Medical Centre #18 Elizabeth Street, St.Clair.	North West	doctor@tsurgery.com	289-3031
Dr. Sergiy Adomin	Orthopaedic Surgeon	St. Clair Medical #18 Elizabeth Street, ST. Clair	North West	sergadomin@yahoo.com sergiy.adomin@gmail.com	715-5125



Total Benefits Specialists Limited Network HOSPITALS

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
St. Clair Medical Centre	Hospital	18 Elizabeth Street, St. Clair	North West	ainkafraser@medcorppld.com gerardlezama@medcorppld.com alishamohammed@medcorppld.com elyceejones@medcorppld.com	628-1451 628-1452
WestShore Medical Hospital	Hospital	239 Western Main Road, Cocorite	North West	wsm@westshoret.com jraccountant@westshoret.org accountant@westshoret.org	628-2170 285-5019
Community Hospital of Seventh Day Adventist	Hospital	#182 Western Main Road, Cocorite, StJames	North West	carolecluffy@gmail.com	622-1191



Total Benefits Specialists Limited Network RADIOLOGY SERVICES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Alexandra MRI Limited	Radiology Service	4 A Alexandra Street, St. Clair	North West	patientcare@alexandrnmri.com	225-2674
MRI of Trinidad and Tobago	Radiology Service	26 Ana Street, Woodbrook	North West	mrimt@gmail.com ariellemoosammy@gmail.com	623-4674
St Clair MRI Centre	Radiology Service	11 Havelock Street, St Clair.	North West	stclairmri123@gmail.com	628-9780
TRIMED Associates Ltd.	Radiology Service	Broome Street, St Clair	North West	emri@faonline.com	628-9261
West Shore Medical Radiology Services	Radiology Service	West Shore Medical Private Hospital	North West	wsm@westshoret.com	285-5019



Total Benefits Specialists Limited Network LABORATORY SERVICES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Border life Medical Laboratory Ltd	Laboratory	#71 EMR San Juan	North West	borderlifemedlab@gmail.com	229-8643
Nexgen Pathology Services lhd	Laboratory	#3 EMR, San Juan	North West	trannance@nexgenpathology.com; finance@nexgenpathology.com;	674-7284 221-5508



Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
ACI Surgical Therapies Ltd	Diagnostic	West Shore Medical Private Hospital	North West	aci@aciacares.com	628-4740 ext 400
Advanced Cardiovascular Institute Ltd	Diagnostic	239 Western Main Road, Cocorite	North West	aci@aciacares.com	628-4740 ext 400
Doctor's Ins-(CVA Ltd)	Diagnostic	Oxford Street, Port- of - Spain	North West	rhenry@drsim.com spilgrim@drsim.com cvacr@drsim.com	625-4282
Doctor's Ins-(CVA Ltd)	Diagnostic	109 Diego Martin Main Road, Diego Martin	North West	diwscr@drsim.com	625-4283

Island Sleep Diagnostics (ISD) Health Solutions Limited	Diagnostic	Suite #207 Pitt Court Ltd, #9-11 Pitt Street P.O.S	North West	gregory@isdhealthsolutions.com vansessa@isdhealthsolutions.com	637-4673 224-3475 279-0202/03/05
The Care Clinic and Medical Centre	Diagnostic	32 Kitchener Street, Woodbrook	North West	liesel.ccmc@gmail.com	628-2225
ULTRASOUND TODAY	Diagnostic	Apt 3, #10 Railway Road, San Juan	North West	ultrasoundtoday@yahoo.com	327-5465
Lab Medica Group of Companies Ltd Health Net Caribbean Ltd	Diagnostic	#8 Saddle Road Maraval	North West	rcptherb@hnci.co.tt	285-4640 / 5675
		#147 EMR Barataria		rcptbara@hnci.co.tt	285-4642 / 5675
Renata, Pooran (Dr) / Renand Ltd	Diagnostic	23 Lucknow Street, St James	North West	leelamahabir@renandltd.com	622-7032 622-5696



**Total Benefits Specialists Limited Network
OPTICAL SERVICES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
800-EYES LTD	Optician	#16 Coblenz Avenue, Cascade Main Road, Cascade.	North West	cascade@800eyes.com	314-3937
		#1 Barbant Street, Woodbrook		woodbrook@800eyes.com	396-3937
Carter's Optical Ltd	Optician	46 Ellerslie Plaza, Maraval	North West	cartersoptical@hotmail.com	622-7975
Crystal Clear Vision Limited	Optician	First Floor, The Falls West Mall	North West		610-3937
Ferreira Optical Limited	Optician	94A Frederick Street, POS	North West	customercare@ferreiraoptical.com	225-1148
		Long Circular Mall, POS	North West	fol101@ferreiraoptical.com	225-1152
Look Opticians	Optician	27 Ariapita Ave, Woodbrook	North West	sec@look-opticians.com	866-5665 800-5665 WhatsApp: 299-3368
		39 Freerick Street, Port-of-Spain	North West		
Optometrists Today	Optician	76 Frederick Street, POS	North West	administration@optometriststoday.com	623-2329
		West Mall, Westmoorings	North West		633-2329
Social Eyes Optical Limited	Optician	Shoppes of Maraval #3 Saddle Road, Maraval	North West	accounts@socialeyesoptical.com admin@socialeyesoptical.com	285-9393
Value Optical	Optician	41 Frederick St, POS	North West	valueoptical@gmail.com	627-1000
		Eastern Main Road, Barataria	North West		672-1080
Ultimate Eyewear Limited	Optician	#60-62 Frederick Street-POS	North West	ultimateeyewearltd@gmail.com lizzy1442@yahoo.com	620-3937 682-3937
Unicomer Trinidad Ltd (Courts Optical)	Optician	#1 Chacon St.-P.O.S	North West	nigel_pustam@unicomer.com carol_lalsingh@unicomer.com shivan_maharaj@unicomer.com fabian_green@unicomer.com	672-7577 4050/51 Ext
		Comer Don Miguel Road & C.R.H San Juan			672-7577 4350/52 Ext
Dr. Nalini Teelucksingh / One Optics Ltd	Optician	Boissere Place, 14E Saddle Road, Maraval	North West	oncopticaltd@gmail.com	622-1678
20/20 Optical Ltd	Optician	#45 Ana Street, Woodbrook	North West	info@2020optical.tt	218-2020
Caribbean Vitreous & Retina Surgery Ltd	Optician	Royal Palm Plaza, Saddle Road, Maraval.	North West	customerservice@trinidadseyehospital.org	620-1025 235-4834
North Shore Optical Studio Ltd	Optician	#201 Aldegonda Park, St.Ann's Road, St. Ann's	North West	gm.northshoreoptical@gmail.com	621-2331
Ferguson's Optical Ltd	Optician	Aboutique Mall, Frederick St, P.O.S	North West	fergusonoptical.pos@gmail.com	235-3813



**Total Benefits Specialists Limited Network
PHARMACIES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
10th Avenue Drugs	Pharmacy	#185 Eastern Main Road, Barataria;	North West	10thavebarataria@gmail.com	674-8778
Bournes Road Pharmacy	Pharmacy	Cor. Bournes Road & Church Street, St. James	North West	ducs916@gmail.com	622-3721
CVA Pharmacy	Pharmacy	Henry Street, POS	North West	eva.drivethru.pharmacy@drsim.com	624-8934
		109 Diego-Martin Main Road, Diego Martin	North West	eva.pharmacy.diegomartin@drsim.com	
Kappa Caribbean Limited	Pharmacy	Highland Plaza Western Main Road, Glencoe	North West	kmohammed@kappadrugs.com glencoeostmgr@kappadrugs.com	225-5272 ext 242
		Corner of Robert & Damian Street, Woodbrook	North West	woodbrookstmgr@kappadrugs.com	225-5272 ext 216
Superpharm	Pharmacy	Maraval	North West	mperryman@superpharmtt.com vbachu@superpharmtt.com rshah@superpharmtt.com	675-5666 ext 2500
		Westmoorings	North West		675-5666 ext 2100
		Diego Martin	North West		675-5666 ext 2400
Medicine Plus Pharmacy - Vark Enterprises Ltd	Pharmacy	21-22 Ellerslie Plaza Maraval	North West	anilbhem1@gmail.com	622-8768
M Pharmacy (Superpharm Ltd)	Pharmacy	#104 Cascade Road, St. Ann's	North West	stanns@mparmacytt.com	675-5666 Ext 5010
		Western Main Road Westmoorings		westmoorings@mparmacytt.com	675-5666 Ext 5030
		111 Saddle Road, Maraval		moka@mparmacytt.com	675-5666 Ext 5080
		#9 Alyce Glen Shopping Centre, Morne Coco Road, Petit Valley		alyceglen@mparmacytt.com	675-5666 Ext 5040



**Total Benefits Specialists Limited Network
PHYSIOTHERAPISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Healing Partners Limited	Physiotherapy	43 Brunton Road, St James	North West	joannms@gmail.com	622-4038 620-7988
Renew Star Serpentine	Physiotherapy	14 Rust Street, St. Clair	North West	renewstarserpentine@gmail.com	623-7827 223-4325
Total Rehabilitation Centre	Physiotherapy	60A Boundary Road Ext, San Juan	North West	admin@TotalRehabTT.com	675-4973



**Total Benefits Specialists Limited Network
PSYCHOLOGISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
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PEAPSL Consultancy Limited (Formerly Petrotrin EAP Services Ltd)	Counselling Services	109 Seventh Street, Barataria	North West	info@peapsl.com	235-5EAP(5327)
Total Benefits Specialists Limited Network PSYCHIATRISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Reid, Sandra (Dr)	Psychiatry	#144 Eastern Main Road, Petit Bourg, San Juan	North West	reid.dr@gmail.com ; Sandra.Reid@sta.uwi.edu	638-4748
Total Benefits Specialists Limited Network NEUROPSYCHOLOGIST					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Wittet, Analisa	Neuropsychology - Adult & Paediatric	7B Eckel Avenue, Maraval	North West	analisa@caribbammedpsych.com	776-1494

North East					
Total Benefits Specialists Limited Network DENTISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Seebran, Ingrid (Dr)	Dental Surgeon	313 Eastern Main Road, El Dorado	North East	familydentistryeldorado@yahoo.com	662-1827 610-7700
Dr. Glen Bally	Dentist	Cor. Cnura Road & EMR El Dorado	North East	glenbally7@gmail.com	645-0669
Dental Suite & Implant Centre/ Sangre Grande Dental Suite Dr Christopher Mawer	Dental Surgeon	53 Eastern Main Road, Curepe Eastern Main Road, Sangre Grande	North East	dentalsuitt@gmail.com	662-7973
Exquisite Dental - Dr. Amrit Paryag	Dental Surgeon	Trinidad Institute of Medical Technology - Warren Street, St. Augustine	North East	exquisedentalnt@gmail.com	223-7523
Martin, Peter (Dr) - St Augustine Dental Associates Ltd.	Dental Surgeon	Emerald Plaza, St. Augustine	North East	sadaltrinidad@gmail.com	662-9653
Merit Dental Centre Limited	Dental Surgeon	20 Devenish Street, Arima	North East	dentalmerit@gmail.com	238-5456
Quality Dental Care Centre - Rock, Roosevelt (Dr)	Dental Surgeon	# 16 Jackson Street, Curepe	North East	rockcentre3@yahoo.com	636-8696
Dr. Melissa Mankie / The Tooth Haven Dental Studio	Dental Surgeon	#56 EMR D'Abadie	North East	m.mankee1@gmail.com	642-2927
Caring Hands Dental Centre Ltd - Dr. Trevin Hector - Amanda Samrao	Dr. Dental Surgeon	Lp#1 463 Lower Railway Road, Arouca	North East	chdentalcentre@gmail.com	222-2273
Gentle Touch Family Dentistry Ltd - Dr. Chris Joseph Kadiann Henry	Dr. Dental Surgeon	Indoor Mall Shops of Arima, 51-59 Tumpuna Road, Arima	North East	arimadentist@gmail.com	222-1363
Opal Essence Dental Enterprises / Dr. Opal Roopchand	Dental Surgeon	#2 - #4 Henry Pierre Terrace, St. Augustine	North East	droopchandopal@gmail.com	645-1200 476-8267
Impressive Expressions Ltd / Dr. Rennie Roopchand	Dental Surgeon	2-4 Henry Pierre Terrace, St. Augustine	North East	drennieroopchand@gmail.com ; millenniumdms@yahoo.com	662-8844
Kiddie Care Dental Ltd - Dr. Anne Kowlessar-Bobart	Dental Surgeon (Paediatric)	#9 Springvale Road, Valsayn	North East	kiddiearedental@gmail.com	708-3175

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NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
El Dorado Medical Centre (Dr Rodney Harricharan)	GP	220 Eastern Main Road, El Dorado	North East	drharricharan@outlook.com	645-5956
Mohammed, Wahid (Dr)	GP	11 Eastern Main Road, Curepe	North East	wahidn972@gmail.com	662-3111 663-8946
Ramcharitar-Maharaj, Aruna (Dr)	GP	Cor. Evans & Watts Streets, St. Augustine	North East	askdrarunarm@gmail.com	222-9502 480-8535
Dr. Garthlyn Craig	G.P-Family Medicine / Epidemiology	#4 La Resource Road North, D'Abadie	North East	drcraigsoffice@gmail.com	642-3846

Total Benefits Specialists Limited Network SPECIALISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Babwah, Terence (Dr)	GP - Family & Sports Medicine	Buena Vista Street, St. Joseph	North East	terbab@hotmail.com	463-7786
Golden Care Medical Services Ltd (Dr. Ricky Maharaj)	Cardiologist	Shops of Arima, Tumpuna Road Arima	North East	goldencaremed@gmail.com	221-6993 221-8658
Maharaj, Khamedayc (Dr)	Dermatologist	# 2 St. Helena Village, St. Helena	North East	drkbnaharaj@yahoo.com	669-5719
Ariyanayagan, Denish (Dr)	General Vascular Surgeon	SAPH, 4 Austin St, St. Augustine	North East	shamillays@gmail.com	662-7777
Ramsawk, Samuel (Prof.)	OBGYN	Medical Associates Hospital, St. Joseph 21 Woodford St., Arima	North East	ssrarnsawk@gmail.com	662-2766 662-6171
Warris, Haffiz (Dr)	Paediatrician	SAPH, 4 Austin St, St. Augustine	North East	nadia2804@gmail.com	662-7777
Dr. Avinash Nath	OBGYN	#84 Bahadase Maraj Avenue, Curepe	North East	dravinashnath@gmail.com	327-4730 663-1459
Dr. Carl Ramsahai / Wink Optometry Ltd	Ophthalmologist	NOVA Medical Centre - Mausica Road D'Abadie	North East	winkoptometrynva@gmail.com	761-8737
Dr. Hanna Roopchand / Foresight Optical Ltd	Ophthalmologist	#2-4 Henry Pierre Terrace, St. Augustine	North East	millenniumforesight@gmail.com	322-4087
Caribbean Vitreous & Retina Surgery Ltd	Ophthalmologist	Corner Warren Street & Private Road, St. Augustine	North East	customerservice@trinidadeyehospital.org	620-1025 235-4834
Dr. Amrit Rambhajan	Laparoscopic, Bariatric & General Surgeon	Medical Associates Hospital Corner Albert & Abercromby Streets, St. Joseph	North East	doctor@ttsurgery.com	289-3031

Total Benefits Specialists Limited Network HOSPITALS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Medical Associates Hospital - St. Joseph	Hospital	Cor. Abercromby & Alberts Sts., St. Joseph	North East	manager@medicalassociatesstj.info ; customerservice@medicalassociatesstj.info	662-2766
Sanjivani Women's Hospital Limited	Hospital	2 Wilson Street St. Augustine	North East	SWH@SANJIVANIWOMENS.COM	235-6667
St. Augustine Private Hospital	Hospital	4 Austin Street, St. Augustine	North East	billings@sapht.com ; zorisha.islam@sapht.com	663-7274 285-7274

Total Benefits Specialists Limited Network RADIOLOGY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Caribbean Radiology Limited	Radiology Service	11 Eastern Main Road, St. Joseph	North East	annampersad@hotmail.com	221-7226 709-6881

Total Benefits Specialists Limited Network LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Platinum Medical Laboratory Services	Laboratory	#244 E.M.R., Arouca	North East	platinummedcallab@gmail.com	640-7745

Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Golden Care Medical Limited (Dr Ricky Maharaj)	Diagnostic	Shops of Arima, Tumpuna Road Arima	North East	goldencaremed@gmail.com	221-6993 221-8658

Island Sleep Diagnostics (ISD) Health Solutions Limited	Diagnostic	St. Augustine Private Hospital, St. Augustine	North East	gregory@isdhealthsolutions.com vanessa@isdhealthsolutions.com	285-7274
Lab Medica Group of Companies Ltd Health Net Caribbean Ltd	Diagnostic	#22 EMR Tarcargua	North East	reptica@hnci.co.tt	285-4650 / 285-5675
Purivo Dialysis Centre Company Ltd	Diagnostic	Piarco Plaza, Piarco	North East	help@purivodialysiscenter.com	222-3239

**Total Benefits Specialists Limited Network
OPTICAL SERVICES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
800-EYES LTD	Optician	Shops at Trinity #1-2 Tissue Drive, Trinity	North East	trinity@800eyes.com	393-3937
Ferreira Optical Limited	Optician	59 Golden Grove Limited (BWIA Boulevard) Arouca	North East	customercare@ferreiraoptical.com	225-1146
		Trinity Mall,Trinity	North East	customercare@ferreiraoptical.com	225-1151
		River Street, Sangre Grande	North East	fol103@ferreiraoptical.com	225-1153
		Tumpuna Road, Arima	North East	fol110@ferreiraoptical.com	225-1147
Look Opticians	Optician	141 EMR St. Augustine	North East	see@look-opticians.com	866-5665 5665 800- 299-3368 WhatsApp
Optometrists Today	Optician	Trinity Mall, Trinity 31A Queen Street, Arima	North East	administration@optometriststoday.com	640-2329 667-2329
Visual Eyes	Optician	167 Southern Main Road, Curepe	North East	curepe@visualeyestt.com	645-3937
		Eastern Main Road, Arouca	North East	trinity@visualeyestt.com	692-2015
Unicomer Trinidad Ltd (Courts Optical)	Optician	Ridgewood Plaza,Hollis Avenue, Arima	North East	nigel_pustam@unicomer.com carol_lalsingh@unicomer.com shivan_maharaj@unicomer.com fabian_green@unicomer.com	672-7577 199091 Ext
		Valpark Shopping Plaza, Valsayn		672-7577 Ext 3450/51	
		#10 EMR Sangre Grande		800-4222	
Caribbean Vitreous & Retina Surgery Ltd	Optician	Corner Warren Street & Private Road,St. Augustine	North East	customerservice@trinidadseyehospital.org	620-1025 235-4834
Dr. Hanna Roopchand / Foresight Optical Ltd	Optician	#2-4 Henry Pierre Terrace, St. Augustine	North East	millenniumforesight@gmail.com	322-4087

**Total Benefits Specialists Limited Network
PHARMACIES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Advantus Management Limited,	Pharmacy	#234 Eastern Main Road, El Dorado,	North East	scan.sanchez@gmail.com	724-6485
Lee's Pharmacy Limited	Pharmacy	# 61 Eastern Main Road, Curepe	North East	leespharmacyrx@gmail.com	662-4566
		Valsayn	North East		675-5666 ext 2300
Superpharm	Pharmacy	Trinity	North East	mperryman@superpharmtt.com vbachu@superpharmtt.com rshahi@superpharmtt.com	675-5666 ext 2800
St. Augustine Private Hospital Pharmacy	Pharmacy	4 Austin Street, St. Augustine	North East	billings@sapht.com shereen.guilmoe@sapht.com	663-7274 ext.2247
M Pharmacy (Superpharm Ltd)	Pharmacy	Trinity Industrial Estate, Corner Tissue Drive and Churchill Roosevelt Highway, Trinity,Tacargua.	North East	trinity@mpharmacytt.com	675-5666 Ext 5090
		Corner Seller Street and Eastern Main Road, St. Augustine		staugustine@mpharmacytt.com	675-5666 Ext 5000
		Mandalay Gardens, Buena Vista Estate, Arima		mandalay@mpharmacytt.com	675-5666 Ext 5060

**Total Benefits Specialists Limited Network
PSYCHOLOGISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
PEAPSL Consultancy Limited (Formerly Petrotrin EAP Services Ltd)	Counselling Services	89 Ojoe Road, Sangre Grande	North East	info@peapsl.com	235-5EAP(5327)
		Orange Grove Road, Trinity			

South East

**Total Benefits Specialists Limited Network
DENTISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
The Smile Experts Dental Clinic Ltd	Dental Surgeon	LP#861 High street , Rio Claro	South East	mragobar88@hotmail.com smile.expertsld@outlook.com	220-8000

**Total Benefits Specialists Limited Network
GENERAL PRACTITIONERS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
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**Total Benefits Specialists Limited Network
PHARMACIES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Rio Claro Pharmacy 2007 Limited	Pharmacy	2483 - High Street Rio Claro	South East	rioclaropharmacy@gmail.com	644-2319
Heroes Pharmacy	Pharmacy	#1320 Tabuquite Road Rio Claro	South East	heroespharmacytt@gmail.com	610-2654

**Total Benefits Specialists Limited Network
OPTICAL SERVICES**

Unicomer Trinidad Ltd (Courts Optical)	Optician	Lp#867 High Street, Naparima Mayaro Rd, Rio Claro	South East	nigel_pustam@unicomer.com carol_lalsingh@unicomer.com shivan_maharaj@unicomer.com fabian_green@unicomer.com	672-7577 Ext 4750/51
Bright Optical Ltd	Optician	Nyron's Mall, High Street, Rio Claro.	South East	brightopticaltd@gmail.com	219-7224

South West

**Total Benefits Specialists Limited Network
DENTISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
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Advanced Gentle Dental Care (Dr. Kristian Coutou) & (Dr. Sunita Deonarine)	Dental Surgeon	# 4 S.S Erin Road, Phillipine	South West	adv.gentledent@gmail.com	657-4489 239-9660
Barrackpore Dental Clinic	Dental Surgeon	727 Papouric Rd, Lower Barrackpore	South West	doctorakanta@gmail.com	333-2052 654-0925
Dental 360 Ltd (Dr Nadia Ramnarine)	Dental Surgeon	63 Rushworth Street, San Fernando	South West	dental360ltd@gmail.com	222-3778 386-1982
Dental and Implant Centre (Dr. Pravin Sharma)	Dental Surgeon	Gulf View Medical, La Romain	South West	rs.dental@hotmail.com	652-2117
Dulan's Family Dental & Implant Centre	Dental Surgeon	22 Bertrand Street, San Fernando	South West	duladental@hotmail.com	657-1773
Elite Dental Centre - Lutchman, Kenneth (Dr)	Dental Surgeon	#41 Cipero Street, San Fernando	South West	elitedentalcentre@gmail.com	223-7220 365-0033
Endeavour & Maraval Limited Dr. N. Souza-Okpofabri Dr. Neil Woon Sam Dr. Neil Woon Sam Dr Carlyle Russell-Hosein	Dental Surgeon	11 Gordon St, San Fernando	South West	sfdental@gmail.com	657-6453 657-2677
Essential Dental Solutions Ltd	Dental Surgeon	1054 S.S. Erin Rd, Debe	South West	info@essentialdental.com AND fronidesk@essentialdental.com	225-7176
Gentle Dentistry & Implant Centre Ltd. (Dr. Ramcharitar)	Dental Surgeon	# 6 Dick Street, Les Effort East, San Fernando	South West	jerushakgdl@gmail.com excess.gdl@gmail.com tynergdl@gmail.com	672-6725 221-0279 228-6725
Hamarayan Orthodontics Ltd. Hamarayan, Sastri (Dr)	Orthodontist	76-78 Seukeran Street, San Fernando	South West	hamarayan.orthodontics@gmail.com	657-7885 652-7223
iSmile Dental Care Ltd	Dental Surgeon	#54 Bamboo Bay Road, Gulf View La Romain	South West	ismiledentalcare@gmail.com	654-5022
Lifetime Smiles Limited	Dental Surgeon	#735 Papouine Road, Barrackpore	South West	ismiledentalcare@gmail.com	220-2002 707-6453
		#114 High Street, Princes Town	South West	lifetimesmilesltd@gmail.com	227-6453 777-6453
Penal Junction, 5 Penal Rock Rd, Penal	Dental Surgeon		South West		
Miracle Dental Care Ltd (Ragoonanan, Mark (Dr)	Dental Surgeon	41 Tanner Street, Point Fortin	South West	mark800@gmail.com	648-3368 648-4000
Naparima Dental Clinic Company Limited	Dental Surgeon	63 Pointe-a-Pierre Road, San Fernando	South West	info@naparimadentalclinic.com	657-1369 314-0515
		46 Baptist Road, Point Fortin	South West		
Nu View Endodontics - Warner, Jason (Dr)	Endodontist	63 Rushworth Street, San Fernando	South West	nuviewendo@gmail.com	657-1322
Radiant Smiles Dental - Ramsaran, Anissa (Dr)	Dental Surgeon	#20 A Dumfries Road, Palmiste Junction, Bamboo Village, La Romain	South West	radiansmilestg@gmail.com	687-1300
Smiles Studio Company Limited-Gobin, Niala (Dr)	Dental Surgeon	218 Southern Main Rd, Bamdoo La Romain	South West	smilestudiodo.com	268-0220 463-5364
The Smile Experts Dental Clinic Ltd	Dental Surgeon	#18 Bonne Aventure Road , Gasparillo	South West	mragobar88@hotmail.com smile.expertsltd@outlook.com	305-4746
Tropical Dental-Lalla, Paiman (Dr)	Dental Surgeon	Victoria Nursing Home #5 Archibald St. Vistabella San Fernando	South West	tropicaldental@yahoo.com	653-0436 360-4864
Vistabella Dental Clinic- Danusia Dulan (Dr)	Dental Surgeon	#130 Point-A-Pierre Road, Vistabella	South West	vistabelladentalclinic@gmail.com	222-7669 785-9516
Dr.Subrina Narine / Total Dentistry Clinic Ltd	Dental Surgeon	1121 Corner S.S Erin Main Road & Mohees Road, Debe, Penal.	South West	subrinar@gmail.com	225-6991 298-5371
Dr. Ovel Seale / The Smile Makers Ltd	Dental Surgeon	#47 - #47A St.James Street, San Fernando	South West	ssseale2014@gmail.com	652-2076 385-1184
		#23 De Gannes Lane Siparia			
Dr. Varinder Maharaj- Gasparillo Dental	Dental Surgeon	#6 Harmony Hall Road, San Fernando	South West	gasparillo.dental@gmail.com	364-6464 650-0468
Dr. Susan Ramdhan - 5 Star Dental Ltd	Dental Surgeon	#12 Gooding Village, Cipero Street, San Fernando	South West	frivestardental@outlook.com	712-8048
Dr. Norbert Samlal / Siparia Wellness Centre	Dental Surgeon	#48 George Street Siparia	South West	spldentltd@gmail.com	649-9950
Dr. Surendra Rampersad / The Dental Office	Dental Surgeon	Rampersad Plaza, Penal	South West	thedentalofficect@gmail.com	647-3525
Dr. Sabita Harrkissoo / Dental Designs Ltd	Dental Surgeon	#9 Naparima Mayaro Road, Cocoyea, San Fernando	South West	dentaldesignsltd@outlook.com	657-3368
Transcen Dental Limited- Dr Ryan Seegobin & Dr. Videsh Rambissoo	Dental Surgeon	Southern medical Clinic - 26-24 Dr. Ruper Indar St. San Fernando	South West	transcendentaldocs@gmail.com	653-9808 / 496-6543
Renewal Dental Centre Ltd	Dental Surgeon	#61 St.James Street, Carlton Centre, San Fernando.	South West	renewaldental@gmail.com	298-7298
The Dental Oasis / Dr. Nathalia Deokie	Dental Surgeon	#49 Sutton Street, San Fernando	South West	dentaloasisttd@gmail.com	610-0671

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Coombs, Victor (Dr)	GP-Occupational and Environmental Health	123 Riverside Drive, San Fernando	South West	ocovic2@gmail.com	222-8021 671-4859
Carter, Dion(Dr.)	GP	#1 Pointe-A-Pierre San Fernando	South West	melias929@yahoo.com	653-0291
Gene-Leben, Danielle (Dr)	GP	#28 Finch Street, Phillipine, San Fernando.	South West	dgene.med@gmail.com	468-2810
Maharaj Marvindra (Dr)	GP	1071 SS Erin Rd. Debe	South West	dmaharaj@premiummedicalcare.net	647-1646
Ramkarsansingh, Nitya(Dr) The Practice	GP	#136 Coral Drive Gulf View, La Romain	South West	thepractice136@gmail.com	225-0850 283-0473
Ramsaywak-Lalla, Renata (Dr)	GP	Victoria lab Building, #14 Guppy Street Vistabella	South West	renelalla.m@gmail.com	313-5952
Roopnarine, Robin (Dr)	GP	Corner Frederick & Dumford Streets Marabella	South West	robinroopnarine@yahoo.co.uk	658-6615
Sinanan, Joel (Dr)	GP	Cor. Frederick & Dumford Streets, Marabella	South West	stananamandroopnarine@gmail.com	658-6615
Ford, Tyrone (Dr) / TF Medical	GP	#71 Guaracara Tabaquite Road, Eccles Village, Williamsville	South West	TFMedicalServices@gmail.com tyronford@gmail.com	771-6995 769-4086 225-9650
Balliram, Sudesh (Dr) / Health For Life Medical Clinic	GP	#40 Southern Main Road, La Romaine	South West	healthforlifemc@yahoo.com	218-7865 749-6355 339-2033
Dr. Phani Rajesh Panyam / Princes Town Medical Ltd	GP	#26 Naparima Mayaro Road, Princes Town	South West	drphanirajeshp@yahoo.com	652-4958
Dr. Avind Ali	GP	SurgiMed Clinic - Corner Chacon & Penitence Street, San Fernando.	South West	avind123@hotmail.com	652-4958
Dr. Sasha Siberan / Claxton Bay Medical Centre	GP	#236 Cedar Hill Road, Sun Sum Hill, Claxton Bay	South West	claxtonbaymedicalcentre@hotmail.com	241-3423
Trinity Medical Centre Ltd - Dr. Rajiv Maharaj Dr. Leon Dipjee Dr. Brad Saladeo	GP	#40 -#44 Sutton Street, San Fernando	South West	info@trinitymedtt.com	653-5855
Santa Flora Medical Clinic - Andrew Boxill	Dr.	696 Erin Road, Santa Flora	South West	santafloremedics@gmail.com doctorabox@gmail.com	737-5399
Dr. Derek Griffith - LabQuick Ltd	GP	#31 Seukeran Street, Les Efforts, West San Fernando	South West	derekajgriffith@gmail.com	684-1721
Dr. Mark Jones - Jones Family Practice Ltd	GP	13A Circular Road, San Fernando	South West	markj1809@gmail.com	715-0896 480-3197
Dr. Surendra Dhanraj - Premier Medical Centre	GP	#10 Richardson Street, Point Fortin	South West	premiermedicalcp@gmail.com	717-7101
Dr. Hasim Baksh / 360 Family Medical Practice Ltd	GP	#9 Naparima Mayaro Road, Cocoyea Village San Fernando	South West	drhasimbaksh@gmail.com	715-4060

Dr. Nadya Watson / Healthy Living Medical Practice	GP	#143 Pointe-A-Pierre Road, Vistabella	South West	nawatson62@gmail.com dmadyawatson@gmail.com	319-8955 240-8821
Dr. David Jackson / Genesis Family Medical Centre	GP	#99B Circular Road, San Fernando	South West	davidhjackson@gmail.com	681-2938
Dr. Erron Ramdass / Triada Medical Centre	GP	#1070 S.S Erin Road, Debe	South West	triadamedcentre@gmail.com	357-3541
Essential Medical Clinic Ltd	G.P	#9-11 Frederick Street, Marabella	South West	personalphysiciantrinidad@gmail.com	658-6615 658-7949
Siparia Wellness Centre / Dr. Saeed Abdoel	G.P	#48 George Street Siparia	South West	sjdentltd@gmail.com	649-9950
Dr. R.Gobin & Associates Medical Center Ltd	G.P	#416 Southern Main Road La Romaine	South West	droffice70@gmail.com	652-9193 288-5195

Total Benefits Specialists Limited Network SPECIALISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Babwah, Terence (Dr)	GP - Family & Sports Medicine	78 Manahambre Road, Princes Town	South West	terbab@hotmail.com	468-7127 727-9650
Dan, Dilip (Dr)	General & Laparoscopic Surgeon	Surgi-Med Clinic, San Fernando	South West	drdanreceptionist@hotmail.com	652-2197
Tillockdharry, Roy (Dr)	Non- Invasive Cardiologist	Cross Crossing Medical, Oliver Ave, Coconut Drive, San Fernando	South West	mail@ccmct.com	652-4411
Bissoondatt, Roshni (Dr)	OBGYN	26-34 Quenca St, San Fernando	South West	livinglady_265@gmail.com	652-2064 718-3939
Dr. Narine Mack	Endocrinology & Diabetes	62 Mcurapao St, San Fernando	South West	narinemack0@gmail.com	653-5855
Singh, Devendra (Dr)	OBGYN	5 Archibald Street, Vistabella	South West	ds@doctors.net.uk serviamtt@gmail.com	657-3963 739-4646 725-8879
Mahabir, Anirudh (Dr)	Ophthalmologist	Surgi- Med Clinic, San Fernando	South West	admin@surgimedt.com	652-4958
Indar, Rupert Jr. (Mr)	Orthopaedic Surgeon	26-34 Quenca St., San Fernando	South West	info@orthospineinstitutet.com; rupertindar@yahoo.com tamara.phillip@smctt.com shellyann.bhola@smctt.com	653-8808
Medford, Steve (Dr)	Otolaryngologist	Gulf View Medical, 715-718 Mc Connie St, San Fernando	South West	steve.medford@gmail.com	652-7102
Trinidad, Austin (Dr)	Otolaryngologist	Surgi Med Clinic, Cor. Chacon & Penitence Street, San Fernando	South West	admin@surgimedt.com austintrinidad@gmail.com	652-4958
Minocha, Umang (Dr)	Paediatrician	Gulf View Medical, 715-718 Mc Connie St, San Fernando	South West	u_minocha@yahoo.com	652-7102
Ayoung-Chee, Philip (Dr)	Urologist	Surgi Med Clinic, Cor. Chacon & Penitence Street, San Fernando	South West	admin@surgimedt.com	652-4958 673-1069
Dr. Jehan Ali	OBGYN	Southern Medical Clinic- #34 Quenca St. San Fernando	South West	smrojan@outlook.com indio.ali@gmail.com	652-9673 301-2150
Dr. Rene Ramnarace / GastroMed Ltd	Gastroenterologist	Southern Medical Clinic- #26-#34 Quenca St, San Fernando	South West	vashnie_r@yahoo.co.uk	652-4535
Dr. Lal Sawh	Urologist	Southern Medical Clinic- #26-#34 Quenca St. San Fernando	South West	lalsawh@gmail.com sawhreception@gmail.com	652-4535 360-7373
Dr. Moshanti Ramdath	Endocrinologist	SurgiMed Clinic - Corner Chacon & Penitence Street, San Fernando.	South West	moshanti.ramdath@yahoo.com	685-3096 652-4958
Sirju, Adrian (Dr)	GP-Internal Medicine	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	adriansirju@gmail.com	314-7374
Dr. Chandradatt Bodee / Avocat Health Care Facility	GP-Internal Medicine	#238 Pepper Village, Fyzabad	South West	cbodee@hotmail.com	677-7829 758-9812 320-9613
Dr. Anil Ali - Anden Services Ltd	Orthopaedic Surgeon	SurgiMed Clinic - Corner Chacon & Penitence Street, San Fernando. Gulf View Medical Centre, San Fernando	South West	andenervicesltd@gmail.com	652-4948/2197/0383 652-7102
Caribbean Vitreous & Retina Surgery Ltd	Ophthalmologist	Maska Ltd Compound, South Trunk Road, Gulf View, La Romain.	South West	customerservice@trinidadeyehospital.com	620-1025 235-4834
Dr. Nilesh Persad / Trinidad Diabetic Eye Centre Ltd	Ophthalmologist	#9 Lange Street, Vistabella.	South West	tdclimited@gmail.com	657-4529 782-1613
Occumed Ltd - Dr. Ishtha Rampersad / Dr. Wayne Ramgoolam	Occupational Medicine	#725 Mc Connie Street, Gulf View, La Romain #7A Church Street, Point Fortin	South West	accounts@occumedttd.com	306-0553
Dr. Celeste Manchoo / Medconnect Ltd	Paediatrician	Gulf View Medical Centre	South West	crmpaediatic@gmail.com	299-0285

Total Benefits Specialists Limited Network HOSPITALS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Acropolis Medical Centre Limited	Hospital	99B Circular Road, San Fernando	South West	t.grant@acropolismedical.com; a.christopher@acropolismedical.com	657-3356
Cross Crossing Medical Centre	Hospital	Cross Crossing, San Fernando	South West	mail@ccmct.com - Aklima Omar	652-4411 652-4412
Gulf View Medical Centre Ltd	Hospital	715-716 McConnie Street, San Fernando	South West	hpoona@gvmctt.net	652-7102
Southern Medical Clinic	Hospital	26-34 Quenca St. San Fernando	South West	kashema.bhola@smctt.com admissionsoffice@smctt.com	652-2064
Surgi-Med Clinic	Hospital	Cor. Chacon & Penitence Sts., San Fernando	South West	admin@surgimedt.com	653-4370
Victoria Nursing Home	Hospital	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	nursinghomevictoria@gmail.com	652-3153

Total Benefits Specialists Limited Network RADIOLOGY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Interventional Radiology Services (Dr. Fidel Rampersad)	Radiology Service	Surgi Med Clinic, Cor. Chacon & Penitence Streets, San Fernando	South West	amarampersad@hotmail.com	709-6881
Victoria CT Scan Services Ltd	Radiology Service	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	nursinghomevictoria@gmail.com	652-3154
Victoria Diagnostic Imaging Center Ltd	Radiology Service	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	victoriainaging@gmail.com	652-3153

Total Benefits Specialists Limited Network LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Green Med Laboratories	Laboratory	72A Leotaud Street San Fernando	South West	greenmedltd@yahoo.com	223-7627 740-4968
Platinum Medical laboratory Services	Laboratory	#1 Grell Street, Siparia	South West	platinummedicallab@gmail.com	296-9382
Advantage Lab Services Ltd	Laboratory	#66 Gordon Street, San Fernando #8 Guapo Cap-De-Ville Road, Point Fortin	South West	advantagelabservices@gmail.com	653-6993 653-1645 290-5932

Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Gasparillo Diagnostic Centre	Diagnostic	7 Harmony Hall Road, Gasparillo	South West	gasparillodiagnostic@gmail.com	650-3722
Island Sleep Diagnostics (ISD) Health Solutions Limited	Diagnostic	Acropolis Medical Centre, San Fernando	South West	gregory@isdhealthsolutions.com vanessa@isdhealthsolutions.com	637-6673
Premium Medical Care Limited	Diagnostic	1071 SS Erin Rd., Debe & San Fernando	South West	drmaharaj@gmail.com	647-1646

Trinity Medical Centre (Dr. Narine Mack)	Diagnostic	62 Mucumpo St, San Fernando	South West	narinemack0@gmail.com	653-5855
Victoria CT Scan Services Ltd	Diagnostic	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	nursinghomevictoria@gmail.com	652-3154
Victoria Diagnostic Imaging Center Ltd	Diagnostic	# 9 - 13 Archibald Street, Vistabella San Fernando	South West	nursinghomevictoria@gmail.com	652-3153
Lab Medica Group of Companies Ltd / Health Net Caribbean Ltd	Diagnostic	37-39 Princess Margaret Street, San Fernando (South Coast Medical Centre)	South West	gbiran@hnci.co.tt rcptsmc@hnci.co.tt	285-7262 / 285-5675
Advantage Lab Services Ltd	Diagnostic	#66 Gordon Street, San Fernando	South West	advantagelabservices@gmail.com	653-4993 653-1645 290-5932
		#8 Guapo Cap-De-Ville Road, Point Fortin			

Total Benefits Specialists Limited Network
OPTICAL SERVICES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ferreira Optical Limited	Optician	Gulf View Mall, San Fernando	South West	fol107@ferreiraoptical.com	225-1153
		Lower High Street, Siparia	South West	customer.care@ferreiraoptical.com	225-4365
Look Opticians	Optician	Unit 103 Carlton Centre, San Fernando	South West	see@look-opticians.com	866-5665 5665 800-299-3368 WhatsApp
Optometrists Today	Optician	Gulf City Mall, Gulf View	South West	administration@optometriststoday.com	657-2329
		70 High Street, San Fernando	South West		653-1000
Value Optical	Optician	Penal Junction, Penal	South West	valueopticalar@gmail.com	647-4000
		14 Guapo Cap de Ville, Point Fortin	South West		648-3000
		High Street, Princes Town	South West		665-1080
		#163 Southern Main Road, Marabella	South West		657-5367
Unicomer Trinidad Ltd (Courts Optical)	Optician	#25-31 High Street, San Fernando	South West	nigel_pustam@unicomer.com carol_lalsingh@unicomer.com shivan_maharaj@unicomer.com fabian_green@unicomer.com	672-7577 Ext4950/51
		Corner Daisy Voisin & High Street Siparia			672-7577 Ext5410/11
		#193 Southern Main Rd, Marabella			672-7577 Ext5250/53
		Lot#2 South Park Tarouba, North Link Rd. Marabella			672-7577 3612/13 Ext
		#8 Guapo Cap-de-Ville Main Rd. Point Fortin			672-7578 6751 Ext
J.D's supercenter, 10 Tramline Road, Princes Town	672-7577 6550/51 Ext				
Hope Optometrists Ltd	Optician	1124 SS Erin Road, Debe	South West	hopeoptom@gmail.com	220-4673
Mr. Brent Khan / Ideal Vision Optical Ltd	Optician	#50 - #52 High Street, San Fernando	South West	idealoical40@gmail.com	653-3937
Eye Assist Optical	Optician	#79 Dabiedial Road, Penal	South West	info@eyeassistoptical.com	488-7041 294 5195 291-5194
		#51 Borne Adventure Road, Gasparillo		eyeassistopticalgasparillo@gmail.com	776-8479
Epicurean Eyes Ltd	Optician	#13 Navet Road, San Fernando	South West	epicureaneyes@gmail.com	478-3742
Focus Vision	Optician	#24A Coffee Street, San Fernando	South West	focusvisionlimited@gmail.com	653-6287
		#271 Point Fortin Main Road, Point Fortin			648-3520
Visionary Eye Care Providers Ltd	Optician	#51 Siparia Erin Road, Duncan Village, San Fernando	South West	admin@visionaryecpl.com	241-3827 313-2273
Caribbean Vitreous & Retina Surgery Ltd	Optician	Maska Ltd Compound, South Trunk Road, Gulf View, La Romain.	South West	customerservice@trinidadeyehospital.com	620-1025 235-4834
Bright Optical Ltd	Optician	#30A High Street, Siparia.	South West	brightopticaltd@gmail.com	221-9658
		Lp#51 Bhupasingh Street, Penal.			222-7811
Ferguson's Optical Ltd	Optician	#1 Market St. Princes Town	South West	fergusonoptical.princetown@gmail.com	230-1479
		#1345 S.S Erin Road, Dookie St. Penal		fergusonoptical.penal@gmail.com	230-1473
		Coora Road, Siparia		fergusonoptical.siparia@gmail.com	227-6637
		A&S Plaza, High St, San Fernando		fergusonopticalsanfernando@gmail.com	368-6413

Total Benefits Specialists Limited Network
PHARMACIES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Bhagan's Drugs	Pharmacy	Unit 414, South Park Mall, Tarouba, San Fernando	South West	bhagansouthpark@outlook.com	653-1715
		B334.C3 Centre, Corinth, San Fernando		bhagandrugs3@hotmail.com	229-4272
		PriceSmart Compound, La Romain		bhadrlaro@gmail.com	697-7570
D'Medicine Cabinet Ltd	Pharmacy	#454 Southern Main Road, La Romain	South West	sunilrajpal@gmail.com	227-2580
Drugs R'us Limited	Pharmacy	#58 Corinth Road, Cocoyea Village San Fernando	South West	drugsrus.corinth@gmail.com	223-7096
Eddie's Pharmacy Limited	Pharmacy	#1135 S.S Erin Road, Debe	South West	eddiepharmacy@hotmail.com	647-1627 647-0778
		# 63 Rochard Douglas Road, Barrackpore	South West		654-2655 228-4990
		C3 Centre (Inside JTA Supermarket), Corinth, San Fernando	South West		228-4990
Pharmacy World Ltd	Pharmacy	Teddy's Shopping Centre, Gulf View Link Road, La Romain.	South West	pharmacyworld2003@yahoo.com	657-6770 657-1050
Ralph's Pharmacy	Pharmacy	13 Penal Rock Road, Penal	South West	brian@tiluckdharry.com	647-7075
Superpharm	Pharmacy	Marabella	South West	mperryman@superpharmt.com vbachu@superpharmt.com rsah@superpharmt.com	675-5666 ext 2600
					675-5666 ext 2900
Park View Drugs	Pharmacy	Lot B S.S Erin Road, Phillipine	South West	rramanand@parkviewwt.com	223-4235
Handels Pharmacy Ltd	Pharmacy	Shop #1 St.Margaret's Junction, Claxton Bay.	South West	haydenal7171@gmail.com	659-3507
Rousillac Drug Mart	Pharmacy	#440 Southern Main Road, Rousillac	South West	rousillacdrgmart@gmail.com	648-8519 480-2097
St.Charles Pharmacy	Pharmacy	#235 St. Charles Village Princes Town	South West	stcharlespharmacy1@gmail.com	336-8935
Tara's Pharmacy	Pharmacy	#48 Guapo Road, Fyzabad	South West	taraspharmacyfyzabad@gmail.com	Tel/Fax: 218-3492 WhatsApp: 264-9322
		#206 Colonial Road, Barrackpore		taraspharmacybarrackpore@gmail.com	WhatsApp: 264-9327
		#99 Guapo Road, Fyzabad		taraspharmacyfyzabad2@gmail.com	Tel/Fax: 228 1647 WhatsApp: 284 9731

Umraw's Pharmacy	Pharmacy	#6 Clarke Road Junction, Penal	South West	cumrawlatchman@hotmail.com	647-4464
Shiva's Pharmacy Ltd	Pharmacy	#42 Royal Road, San Fernando	South West	shivaramlogan@yahoo.com shivasparmacy20@yahoo.com	652-1507
Healthonic Drug Mart	Pharmacy	172 Naparina Mayaro Road, Palmyra Village, San Fernando	South West	healthonicpalmyra@gmail.com	293-2348
		#19 Cipero Street, San Fernando		shivamaharaj@hotmail.com	283-8634
Lisa's Pharmacy Ltd	Pharmacy	#2 Allies Street, Siparia	South West	lisapharmacy21@gmail.com lisapharmacy@gmail.com	Tel/Fax: 615-1500 Whatsapp: 332-4466
		#155 Guapo Road, Fyzabad			Tel/Fax: 615-1600 Whatsapp: 263-0804
		#109 Guapo Road, Fyzabad			Tel/Fax: 615-1800 Whatsapp: 275-6007
		#54 Bamboo Bay Road, Gulf View			Tel/Fax: 615-1700 Whatsapp: 303-5052
Viva Pharmacy Ltd	Pharmacy	#62 Southern Main Road Marabella	South West	varam2053@gmail.com vivapharm350@gmail.com	657-7336
The Pill Stop Pharmacy Ltd	Pharmacy	#1066 S.S Erin Road, Debe	South West	pillstoppharm@gmail.com	335-7876
Horaces Drugs Ltd	Pharmacy	#51 Main Road Point Fortin	South West	sastry.ramakrishna4@gmail.com	648-1840
		#35 High Street, Siparia			649-2055
Centre Plus Pharmacy	Pharmacy	#166 S.S Erin Road, Debe	South West	centrepplus166@gmail.com	222-5801
Big B Drugs Ltd	Pharmacy	#8-10 Techier Road, Point Fortin	South West	bigbdrugslimited@gmail.com	221-1100
Avocat Pharm-Assist Drugs Ltd	Pharmacy	227 Avocat Junction, Avocat Fyzabad.	South West	avocathpharmassist@gmail.com tamara.banasie@gmail.com	480-2097 310-7388
Chattergoon Pharmacy	Pharmacy	Lp# 1405 Ariperio Village Rousillac	South West	derron15@hotmail.com	219-1026
Sinanon Drug World	Pharmacy	Rampersad Plaza, S.S Erin Road Penal	South West	arishma151@gmail.com	647-6140
Sav-Mor Drug Mart	Pharmacy	#16 Southern Main Road, Marabella	South West	savmordrugmart@hotmail.com	653-2477
Better You Pharmacy	Pharmacy	Agapito Trace Road, Santa Flora	South West	betteryoupharmacy@hotmail.com	494-5445
La Romain Drug Mart	Pharmacy	350 Southern Main Road, la Romain	South West	laromaindrugmart@gmail.com	657-2114
M Pharmacy (Superpharm Ltd)	Pharmacy	Corner South Trunk Road and Bamboo Bay Road, La Romain	South West	gulfview@mpharmcytt.com	675-5666 Ext 5050
		Gopaul Shopping Complex, Marabella		marabella@mpharmcytt.com	675-5666 Ext 5070
Trinity Meds Pharmacy Ltd / Cure Logistics Ltd	Pharmacy	#40-#44 Sutton Street, San Fernando.	South West	trinitymedsld@gmail.com	653-5855
Kappa Caribbean Ltd	Pharmacy	Ground Floor, Gulf City Mall, La Romaine	South West	gvds@pensary@kappadrugs.com	225-5272 251/224 Ext

Total Benefits Specialists Limited Network PSYCHOLOGISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
PEAPSL Consultancy Limited (Formerly Petrotin EAP Services Ltd)	Counselling Services	34 Casuarina Avenue, Petrotin Compound, Pointe a Pierre	South West	info@peapsl.com	658-1291
Psychological Services (Dr Priya Maharn)	Psychology	Gulf View Medical Centre 715-716 Mc Connie Street, Gulf View, La Romain	South West	priyamaharaj@hotmail.com	682-9103

Total Benefits Specialists Limited Network DENTISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Advanced Dental Care Centre Ltd	Dental Surgeon	LP# 18 Caroni Savannah Road, Chaguanas	Central	service@advadent.com	665-6455
Dental and Implant Centre - Sharma, Pravin (Dr)	Dental Surgeon	92 Main Road, Montrose, Chaguanas	Central	dentchag1@hotmail.com ps.dental@hotmail.com	672-8970
Endeavour & Maraval Limited		11A Endeavour Road, Chaguanas	Central	reception@endeavourandmaraval.com	665-5085
Freeport Dental and Implant Centre/ Dr. Kamta	Dental Surgeon	EP 597 SMR St Mary's Carapichaima	Central	doctorkamta@gmail.com	393-5200 304-6596
Gentle Dentistry & Implant Centre Ltd. (Dr. Ramcharitar)	Dental Surgeon	# 35 Ramsaran Street, Chaguanas	Central	jerushakgd@gmail.com exccass.gdl@gmail.com tyarnard@gmail.com chaggdl@gmail.com	672-6725 221-0279
Quality Dental Care Centre - Reek, Roosevelt (Dr)	Dental Surgeon	# 10 Mc Bean Road, Couva	Central	rockcentre3@yahoo.com	636-8696
Ramdass Family Dental Ltd - Ramdass, Felisa (Dr)	Dental Surgeon	49 Cereza Circle, Dyette Estate, Cunupia	Central	felisa_ramdass@hotmail.com	239-9830 783-8627
The Dental Lounge Ltd Dr. Shival Jankie	Dental Surgeon	LP #6 Caroni Savannah Road Chaguanas	Central	dental.loungett@gmail.com	387-2198
Dental Solutions Family Practice Ltd Dr. Anna Kissoon	Dental Surgeon	#20 Magnificent Mall, 271 Southern Main Road, Mc Bean Couva	Central	anna.kissoon@gmail.com	682-9322
Dr. Nathan Ali / Dental Image Works	Dental Surgeon	#142 Munroe Road Charleville	Central	dental.imageworks2@gmail.com	222-9152
Transcendental Limited- Dr Ryan Seegobin & Dr. Videsh Rambissoon	Dental Surgeon	Ankavilla Bldg. 8 Endeavour Road, Chaguanas	Central	transcendentaldocs@gmail.com	665-1979 / 496-6543
Pristine Dental Solutions - Dr. Jaunell Reid Dr. Vanesha Sewalia	Dental Surgeon	Upper Level, Atlantic Plaza, Point Lisas, Couva.	Central	pristedentalsolutions@gmail.com	313-1216
Chaguanas Dental Clinic / Dr. Rishi Ramdeo	Dental Surgeon	#19 Main Road, Chaguanas	Central	chaguansdentallinic@yahoo.com	665-6074
Med Dent Services Ltd / Dr. Niala Ramlal	Dental Surgeon	Lp #53 Railway Road, Cunupia	Central	meddentservicesld@gmail.com	228-3911

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ali, Omar (Dr)	GP	Apt#3 Corner Alister & Fitts streets, Montrose Main Road, Chaguanas	Central	doctoromaralioffice@gmail.com	665-7108
Coombs, Victor (Dr.)	GP	14 Endeavour Road, Chaguanas	Central	ocvcuic1@gmail.com	671-4859
Matmungal, Vani (Dr)	GP	# 37 Southern Main Road, California, Couva	Central	medlifecentres@gmail.com	489-6379
Sampath, Sarah (Dr)	GP	Rodney Road, Endeavour, Chaguanas	Central	drsampath2005@yahoo.com	483-4848
Freedom Medical Clinic Ltd- Dr. Sarah Ramsaran-Rambissoon / Dr. Joel Rambissoon	GP	313-317 Balmain Village, Couva	Central	freedommedicalclinctt@gmail.com	345-0346 387-8777
Dr. Amanda Lakhan / ACL Medical Clinic	GP	#151 Arena Road, Freeport	Central	amandachristiana24@gmail.com	335-2935
Dr. Rohit Dass / Freeport Medical Centre Ltd	GP	#105 Freeport Mission Road, Freeport	Central	jonathanmitchell@freeportmedtt.com drdass@freeportmedtt.com	673-1069
Dr. Raveed Khan	GP	#7 Deveruile Street, Montrose, Chaguanas	Central	raveed01@hotmail.com	356-8298
Dr. Rondla Sricharan Reddy / Sri Leela Medical Clinic	GP	#11 Jerningham Junction Road, Charleville, Chaguanas	Central	teejaal@gmail.com	744-4362
Dr. Sanjiv Parasram / Shandilya Occupational Medical Associates	GP-Occupational & Family Medicine	Suite #508-509 Qualitech Complex, Pacific Avenue, Point Lisas Industrial Estate	Central	shandilyaoccurmed@gmail.com	379-9003
Dr. Akash Dhanai / Felicity Medical Clinic	GP	#2 Pierre Road Felicity, Chaguanas	Central	akashdhanai@hotmail.com	683-9775

Dr. Pooran Ramlal	G.P	#8 White Street, Couva	Central	pooranramlal@hotmail.com	687-9144
Med Dent Services Ltd / Dr. Haimant Seegoolam	G.P	Lp #53 Railway Road, Cunupia	Central	meddentservicesld@gmail.com	228-3911
Premier Specialty Clinic Ltd	G.P	#26 Southern Main Road, California Couva.	Central	insurance@psclt.com	348-4698 348-6769
Rampersad Medical Centre Ltd	G.P	#50 Mission Road, Freeport.	Central	rampersadmedicalld@gmail.com	673-2222 0805 304-5300
Central Medical Clinic Ltd	G.P / Specialist	#3 Caroni Savannah Road, Chaguanas	Central	centralmedicaltt@gmail.com	469-1262 491-1267

Total Benefits Specialists Limited Network SPECIALISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Dr. Narine Mack	Endocrinology & Diabetes	11 Jerningham Junction Road, Charlieville	Central		657-7937 718-3939 744-4362
Dr. Koomatie Ramsaroop / KVR Clinic of Internal Medicine	G.P-Internal Medicine	#41A Ramsaran Street, Chaguanas	Central	veraram2000@yahoo.com	740-1459
Central Medical Clinic Ltd	G.P / Specialist	#3 Caroni Savannah Road, Chaguanas	Central	centralmedicaltt@gmail.com	469-1262 491-1267

Total Benefits Specialists Limited Network HOSPITALS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Medical Associates Hospital (Central)	Hospital	Light Pole #3, Montrose Main Rd, Chaguanas	Central	manager@medicalassociatesst.info; customerservice@medicalassociatesst.info	223-6898

Total Benefits Specialists Limited Network LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Path Care Medical Laboratory Limited	Laboratory	#135 John Street, Montrose, Chaguanas	Central	pathcaremedlab@gmail.com	665-7284
Premier Specialty Clinic Ltd	Laboratory	#26 Southern Main Road, California Couva.	Central	insurance@psclt.com	348-4698 348-6769
Premier Medical Laboratory Ltd	Laboratory	#3 Caroni Savannah Road, Chaguanas	Central	premierlabstt@gmail.com	461-1765

Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Trinity Medical Centre (Dr. Narine Mack)	Diagnostic	11 Jerningham Junction Road, Charlieville	Central	narinemack0@gmail.com	657-7937 718-3939 744-4362
Lab Medica Group of Companies Ltd / Health Net Caribbean Ltd	Diagnostic	Lot#82 Corner Balmain & Lalla Road,Couva	Central	rcptcuv@hnci.co.tt	285-4641 / 5675
		Bldg #3 Lp#150 Chadee Lohar Road, Monroe Settlement, Cunupia		rcptcunp@hnci.co.tt	285-5675 / 4625
Purivo Dialysis Centre Company Ltd	Diagnostic	#1 Darling Street, St. Thomas Village, Chaguanas	Central	adminchaguanas@purivodialysistt.com	222-3239
Medi-Plus Clinic & Imaging Ltd	Diagnostic	Lp #103 Main Road, Balmain Village, Couva	Central	deena_ramlagan@hotmail.com medplus@ramlagansholdings.com	236-4624
Premier Specialty Clinic Ltd	Diagnostic	#26 Southern Main Road, California Couva.	Central	insurance@psclt.com	348-4698 348-6769

Total Benefits Specialists Limited Network OPTICAL SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ferreira Optical Limited	Optician	Price Plaza Mall, Chaguanas	Central	fol106@ferreiraoptical.com	225-1149
Lily-The Eye Specialist Limited	Optician	#8 Endeavour Road, Ankavilla Bldg, Chaguanas	Central	shahiz100@yahoo.com	222-1558
Optometrists Today	Optician	Grand Bazaar	Central	administration@optometriststoday.com	645-2329
		Centre City Mall, Chaguanas	Central		672-2329
Value Optical	Optician	Mid Centre Mall, Chaguanas	Central	valuo@opticalcar@gmail.com	653-1000
		#8 Chaguanas Main Road, Chaguanas	Central	nigel_pustam@unicomer.com carol_bisnigh@unicomer.com shivan_maharaj@unicomer.com fabian_green@unicomer.com	672-7577 Ext:5250
Unicomer Trinidad Ltd (Courts Optical)	Optician	Calcutta Road No. 1 Freeport			672-7577 Ext:4850/51
Focus Vision	Optician	#194 Sothem Main Road, Couva	Central	focusvisionlimited@gmail.com	679-7323
Ferguson's Optical Ltd	Optician	Aadams Bazaar, #55 Main Rd, Chaguanas	Central	fergusonoptical.chaguanas@gmail.com	235-4241 235-4366
		#1 Monroe Rd, Cunupia		fergusonoptical.cunupia@gmail.com	238-5429
		D&A Plaza, #3 Ramsaran St, Chaguanas		adm.fergusonoptical2024@gmail.com	241-6141

Total Benefits Specialists Limited Network PHARMACIES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Bhagan's Drugs	Pharmacy	Shop 18-19 Price Plaza, Endeavour Road,	Central	bhaganspriceplazaservice@gmail.com	763-5106 631-5143
		Lp #13 Caroni Savannah Road, Chaguanas		bhagansdrugscsr@gmail.com	671-0331
Nancy's Pharmacy Limited	Pharmacy	# 47 Rodney Road, Endeavour Village, Chaguanas	Central	nancys.pharmacy@gmail.com	222-6210
		Price Plaza	Central		675-5666 ext 2200
Superpharm	Pharmacy	Couva	Central	mperryman@superpharmtt.com vbachu@superpharmtt.com rshah@superpharmtt.com	675-5666 ext 2700
ACL Drugs Ltd	Pharmacy	#151 Arena Road, Freeport	Central	acldrugshd@gmail.com	389-3512
M Pharmacy (Superpharm Ltd)	Pharmacy	9B South Brentwood Ave.& Regent Ave, Brentwood Edinburgh Village.	Central	brentwood@pharmacytt.com	675-5666 Ext 5020
Rampersad Pharmacy Ltd	Pharmacy	#50 Mission Road, Freeport.	Central	rampersadmedicalld@gmail.com	673-2222 0805 304-5301
Pharma One Pharmacy Ltd	Pharmacy	#3 Caroni Savannah Road, Chaguanas	Central	pharmaonett@gmail.com	486-1767



**Total Benefits Specialists Limited Network
PHYSIOTHERAPISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Tallam, Kiran (Dr)	Physiotherapy	14 Old Southern Main Road, Monrose, Chaguanas	Central	intaleclinic@gmail.com	277-7640
TheraFit Physiotherapy Clinic / Shannon John	Physiotherapy	#6 Marc Street Montrose, Chaguanas	Central	therafitphysiotherapyclinic@gmail.com	322-6357 316-1978



**Total Benefits Specialists Limited Network
PSYCHIATRISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Rampersad, Varune (Dr)	Psychiatry	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hncleo.tt	285-4650 285-4652

Tobago



**Total Benefits Specialists Limited Network
GENERAL PRACTITIONERS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Dr. Jalene Jacob / Millennium Medical Network	GP	Unit 1 Signal Hill Micro- Enterprise Mall, Signal Hill, Tobago.	Tobago	millenniumdocsnetwork@gmail.com	363-DOCS(3627)
Kumar, Sandeep (Dr)	GP	Rockley Vale, Scarborough, Tobago	Tobago	sandeeptobago@yahoo.com	639-3157



**Total Benefits Specialists Limited Network
OPTICAL SERVICES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Excellent Vision Optometrists Ltd	Optician	Units 34-36 TLH Building Milford Road, Scarborough Tobago	Tobago	excellentvisionoptometrists@gmail.com	639-3030
		Unit 7 Milford Bay Plaza Milford Road, Crown Point, Tobago	Tobago		
Unicomer Trinidad Limited	Optician	#3 Piggott Street, Scarborough	Tobago	nigel_pustam@unicomer.com	672-7577 Ext 5850/51



**Total Benefits Specialists Limited Network
PSYCHOLOGISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
PEAPSL Consultancy Limited (Formerly Petrotrin EAP Services Ltd) Rovanel's Resort	Counselling Services	Old Store Bay Road, Bon Accord	Tobago	info@peapsl.com	235-5EAP(5327)

Listing Updated: 17th March, 2025