

# 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 Pitt Street Woodbrook	North West	dental-smiles-hd@gmail.com	225-2356 478-9183
DeVerteuil, Paul (Dr)	Dental Surgeon	69 Roberts Street, Woodbrook	North West	info@numedt.com	289-4836 316-1383
Ebrahim Ghuran (Dr)- Dental Solutions Ltd.	Dental Surgeon	38 Petra Street, Woodbrook	North West	ebghuran@yahoo.com; smiles@trinidadialsolutions.com	628-7787
Endeavour & Maraval Limited Dr. N. Souza-Okpofabri Dr. Neil Woon Sam Dr Carlyse Russell-Hosein	Dental Surgeon	43-45 Frederick St., Port of Spain	North West	endeavourandmaraval43@gmail.com	623-2326
Gentle Dentistry & Implant Centre Ltd. (Dr. Ramcharitar)	Dental Surgeon	66 Maraval Road, Port of Spain	North West	reception@endeavourandmaraval.com	622-5039
		# 1 Western Main Road, St. James	North West	jerushakgdl@gmail.com exccasst.gdl@gmail.com tynargdl@gmail.com	628-1456 226-0040
Harnarayan Orthodontics Ltd. Harnarayan, Sastri (Dr)	Orthodontist	56- 58 Robert Street, Woodbrook	North West	harnarayan.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@relaxdental.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 millenniumdms@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	ftwmedical@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	gisemmanuel@gmail.com	622-5230 228-1380
Grant, Caroline (Dr)	GP	#16 Coblenz Avenue Cascade	North West	familymedicalt@gmail.com	241-2071
Griffith, Fitzclarence (Dr)	GP	Doctor's Inn, 92 Oxford Street	North West	boviedoc@yahoo.com	625-4282 627-0467
Henry, Paula (Dr)	GP	Doctor Inn, 92 Oxford Street	North West	friley@drsin.com	627-7920 627-7728
Nicholls, Kenwyn (Dr)	GP	15 Cawnpore Street, St James	North West	docnicholls@hotmail.com	622-4113 221-9905
Rahman, Ahmad (Dr)	GP	Fracture & Orthopaedic Clinic, St. Clair	North West	accounts@faonline.com	628-3643
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@renandttd.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-Bridgela	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 Dhanesar	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@sbttrinidad.com	366-5446 725-4SBT (4728)



### Total Benefits Specialists Limited Network SPECIALISTS

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	marilysuite@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	ddanreceptionist@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
Ramcharan, 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	drjaggat@gmail.com	285-5019
Dr Araujo (Fracture & Orthopaedic Clinic)	Orthopaedic Surgeon	29a St. Clair Ave., St. Clair	North West	accounts@faconline.com	628-3643
Dr Lousaing (Fracture & Orthopaedic Clinic)	Orthopaedic Surgeon	29a St. Clair Ave., St. Clair	North West	accounts@faconline.com	628-3643
Indar, Rupert Jr. (Mr)	Orthopaedic Surgeon	#1 Adam Smith Square, Woodbrook	North West	info@orthospineinstitutet.com; rupertindar@yahoo.com; tamara.philip@smctt.com; shellyann.bhola@smctt.com	624-4963
Mencia, Marlon (Mr) Trinidad Athroplasty Services Ltd.	Orthopaedic Surgeon	WestShore Medical, Cocorite	North West	hipandkneclinic@gmail.com	622-5192
Toby, David (Dr)	Orthopaedic Surgeon	Specialist Centre, Dundonald Street, POS	North West	davidtoby207@gmail.com	625-4744
Dwarika, Wendell (Dr)	Otolaryngologist	Henry Pierre Street, St James	North West	wendeldwarika@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	tturology@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; sawhsreception@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	drembrewster@gmail.com	622-2979
Dr. Phillip St. Louis / West Indian Neurosciences Ltd	Neuro-Surgeon	#14 Church Street, St. James	North West	winnt@aim.md	735-0000
Dr. Judith Henry / Shalom Associates Ltd	Gastroenterologist	#31 Gordon Street, Port of Spain	North West	shalomassoc@gmail.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 Rambhajan	Laparoscopic,Bariatric & General Surgeon	ST. Clair Medical Centre Elizabeth Street, St.Clair.	North West	doctor@tsurgery.com	289-3031



### 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	ramonapitman@medcorphtd.com; ainkaffaser@medcorphtd.com; gerardelzama@medcorphtd.com; jenellenabbie@medcorphtd.com	628-1451 628-1452
WestShore Medical Hospital	Hospital	239 Western Main Road, Cocorite	North West	wsm@westshoret.com; jaaccountant@westshoret.org; accountant@westshoret.org	628-2170 285-5019
Community Hospital of Seventh Day Adventist	Hospital	#182 Western Main Road, Cocorite, StJames	North West	carolcuffy@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@alexandramri.com	225-2674
MRI of Trinidad and Tobago	Radiology Service	26 Ana Street, Woodbrook	North West	mrimt@gmail.com; ariellemoonsammy@gmail.com	623-4674
St Clair MRI Centre	Radiology Service	11 Havelock Street, St Clair.	North West	stclairmri@hotmail.com	628-9780
TRIMED Associates Ltd.	Radiology Service	Broome Street, St Clair	North West	emri@faconline.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
Victoria Laboratories	Laboratory	64 Penbroke Street, Port of Spain	North West	accounts@victorialaboratories.com; vilpos@victorialaboratories.com; wsaccounts@victorialaboratories.com; accounting@victorialaboratories.com;	625-8493 628-3214
		239 Western Main Road, Cocorite	North West	rramnarace@nexgenpathology.com; finance@nexgenpathology.com;	674-7284 221-5508
Nexgen Pathology Services Ltd	Laboratory	#3 EMR, San Juan	North West		



### Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
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ACT Surgical Therapies Ltd	Diagnostic	West Shore Medical Private Hospital	North West	aci@acicare.com	628-4740 ext 400
Advanced Cardiovascular Institute Ltd	Diagnostic	239 Western Main Road, Coorie	North West	aci@acicare.com	628-4740 ext 400
Doctor's Inn-(CVA Ltd)	Diagnostic	Oxford Street, Port- of - Spain	North West	nhenry@drsinn.com spigrim@drsinn.com cvacs@drsinn.com	625-4282
Doctor's Inn-(CVA Ltd)	Diagnostic	109 Diego Martin Main Road, Diego Martin	North West	diwscr@drsinn.com	625-4283
Fracture and Orthopaedic Clinic	Diagnostic	Fracture & Orthopaedic Clinic, Broome Street, St. Clair	North West	accounts@faonline.com	628-3643 628-8834
Island Sleep Diagnostics (ISD) Health Solutions Limited	Diagnostic	Suite #207 Fit Court Ltd, #9-11 Fit Street P.O.S	North West	gregory@isdhealthsolutions.com vanessa@isdhealthsolutions.com	637-6673 224-3475 279-0202/03/05
The Care Clinic and Medical Centre	Diagnostic	32 Kitchener Street, Woodbrook	North West	liesel.cmc@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 / 5642
		#112 EMR Barataria		rcptbara@hnci.co.tt	285-4642 / 5642
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	shaliz100@yahoo.com	610-3937
Ferreira Optical Limited	Optician	94A Frederick Street, POS	North West	customer@ferreiraoptical.com	225-1148
		Long Circular Mall, POS	North West	fol101@ferreiraoptical.com	225-1152
Lily-The Eye Specialist Limited	Optician	First Floor, The Falls West Mall	North West	shaliz100@yahoo.com	610-3937
Look Opticians	Optician	27 Ariapita Ave, Woodbrook	North West	see@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	<a href="mailto:administration@optometriststoday.com">administration@optometriststoday.com</a>	623-2329
		West Mall, Westmoorings	North West		633-2329
Social Eyes Optical Limited	Optician	Shoppes of Maraval #3 Saddle Road, Maraval	North West	<a href="mailto:accounts@socialeyesoptical.com">accounts@socialeyesoptical.com</a> <a href="mailto:admin@socialeyesoptical.com">admin@socialeyesoptical.com</a>	285-9393
Value Optical	Optician	41 Frederick St., POS	North West	<a href="mailto:valueoptical@gmail.com">valueoptical@gmail.com</a>	627-1000
		Eastern Main Road, Barataria	North West		672-1080
Ultimate Eyewear Limited	Optician	#60-62 Frederick Street-POS	North West	ultimateeyewearld@gmail.com lizzy144@yahoo.com	620-3937 682-3937
Unicomer Trinidad Ltd (Courts Optical)	Optician	#1 Chacon St.-P.O.S	North West	nigel_pustam@unicomer.com reneann_sseerattandav@unicomer.com carol_lalsingh@unicomer.com shivan_maharaj@unicomer.com	672-7577 4050/51 672-7577 4350/52
		Corner Don Miguel Road & C.R.H San Juan			Ext Ext
Dr. Nalini Teelucksingh / One Optics Ltd	Optician	Boisseire Place, 14E Saddle Road, Maraval	North West	oneopticsld@gmail.com	622-1678
20/20 Optical Ltd	Optician	#45 Ana Street, Woodbrook	North West	info@2020optical.lt	218-2020
Caribbean Vitreous & Retina Surgery Ltd	Optician	Royal Palm Plaza, Saddle Road, Maraval.	North West	customerservice@trinidadeyehospital.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



### Total Benefits Specialists Limited Network PHARMACIES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
10th Avenue Drugs	Pharmacy	#185 Eastern Main Road, Barataria;	North West	<a href="mailto:10thavebarataria@gmail.com">10thavebarataria@gmail.com</a>	674-8778
Bournes Road Pharmacy	Pharmacy	Cor. Bournes Road & Church Street, St. James	North West	dues916@gmail.com	622-3721
CVA Pharmacy	Pharmacy	Henry Street, POS	North West	cva.drivethru.pharmacy@drsinn.com	624-8934
		109 Diego Martin Main Road, Diego Martin	North West	cva.pharmacy.diegomartin@drsinn.com	
Kappa Caribbean Limited	Pharmacy	Highland Plaza Western Main Road, Glencoe	North West	kmoammed@kappadrugs.com glencoestmgr@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	sthomson@superpharmt.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	anilbheem1@gmail.com	622-8768
Massy Stores Pharmacy	Pharmacy	#104 Cascade Road, St. Ann's	North West	stann.pharmgr.it@massystores.com	621-2273
		Western Main Road Westmoorings		wmoor.pharmgr.it@massystores.com	633-2273
		111 Saddle Road, Maraval		moka.pharmgr.it@massystores.com	609-2301
		Morne Coco Road, Alyce Glen, Petit Valley		aglen.pharmgr.it@massystores.com	609-2051



### Total Benefits Specialists Limited Network PHYSIOTHERAPISTS

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Healing Partners Limited	Physiotherapy	43 Brunton Road, St James	North West	joannnls@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
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@caribbeanmedpsych.com	776-1494

## North East

**Total Benefits Specialists Limited Network  
DENTISTS**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Seeberan, Ingrid (Dr)	Dental Surgeon	313 Eastern Main Road, El Dorado	North East	familydentistryeldorado@yahoo.com	662-1827 610-7700
Dr. Glen Bally	Dentist	Cor. Caura 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	exquisedental@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 Devonish Street, Arima	North East	dentalmerit@gmail.com	238-5456
Quality Dental Care Centre - Rock, Roosevelt (Dr)	Dental Surgeon	# 16 Jackson Street, Curepe	North East	rockcentre@yahoo.com	636-8696
Dr. Melissa Mankee / The Tooth Haven Dental Studio	Dental Surgeon	#56 EMR D'Abadie	North East	m.mankee@gmail.com	642-2927
Caring Hands Dental Centre Ltd - Dr. Trevin Hector Amanda Samaroo	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 Kadann 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	drrennieroopchand@gmail.com millenniumdms@yahoo.com	662-8844

**Total Benefits Specialists Limited Network  
GENERAL PRACTITIONERS**

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 682-3111
Mohammed, Wahid (Dr)	GP	11 Evans Main Road, Curepe	North East	wahidm972@gmail.com	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 Ressource Road North, D'Abadie	North East	drcaigsoffice@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, Khamedaye (Dr)	Dermatologist	# 2 St. Helena Village, St. Helena	North East	drkkmahara@yahoo.com	669-5719
Ariyanayagam, Denish (Dr)	General/Vascular Surgeon	SAPH, 4 Austin St, St. Augustine	North East	shamilays@gmail.com	662-7777
Ramsewak, Samuel (Prof.)	OBGYN	Medical Associates Hospital, St Joseph 21 Woodford St., Arima	North East	ssramsewak@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 #22	North East	winkoptometryva@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@tsurgery.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@medicalassociatestt.info; customerservice@medicalassociatestt.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	annarampersad@hotmail.com	221-7226 709-6881

**Total Benefits Specialists Limited Network  
LABORATORY SERVICES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Victoria Laboratories	Laboratory	55 Eastern Main Road, Curepe	North East	accounts@victorialaboratories.com	663-4096
Platinum Medical Laboratory Services	Laboratory	#244 E.M.R, Arouca	North East	platinummedicalab@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	reptaca@hnci.co.tt	221-6715 / 285-5642
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 Trincity #1-2 Tissue Drive, Trincity	North East	trincity@800eyes.com	393-3937
Ferreira Optical Limited	Optician	59 Golden Grove Limited ( BWIA Boulevard) Arouca	North East	customercare@ferreiraoptical.com	225-1146
		Trincity Mall, Trincity	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 800-5665 WhatsApp: 299-3368
Optimetrists Today	Optician	Trincity Mall, Trincity	North East	administration@optimetrists.today.com	640-2329
		31A Queen Street, Arima	North East		667-2329
Visual Eyes	Optician	167 Southern Main Road, Curepe	North East	curepe@visualeyestt.com trincity@visualeyestt.com	645-3937 692-2015
		Eastern Main Road, Arouca	North East		
Unicomer Trinidad Ltd (Courts Optical)	Optician	Ridgewood Plaza, Hollis Avenue, Arima	North East	nigel_pustam@unicomer.com	672-7577 1990/91 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	sean.samchee@gmail.com	724-6485
Lee's Pharmacy Limited	Pharmacy	# 61 Eastern Main Road, Curepe	North East	leespharmacy@gmail.com	662-4566
Superpharm	Pharmacy	Valsayn	North East	sthomson@superpharmtt.com	675-5666 ext 2300 675-5666 ext 2800
		Trincity	North East		
St. Augustine Private Hospital Pharmacy	Pharmacy	4 Austin Street, St. Augustine	North East	billings@saphit.com shereane.guillermo@saphit.com	663-7274 ext.2247
Massy Stores Pharmacy	Pharmacy	1-2 Trincity Industrial Estate, Corner Tissue Drive and Churchill Roosevelt Highway, Trincity	North East	tcity.pharmmgr.tt@massystores.com staug.pharmmgr.tt@massystores.com mandalay.pharmmgr.tt@massystores.com	609-2021 662-2273 609-2250
		Corner Sellier Street and Eastern Main Road, St. Augustine			
		Mandalay Gardens, Buena Vista Estate, Arima			

**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, Trincity			

**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 Tabouquette Road Rio Claro	South East	heroespharmacytt@gmail.com	610-2654

**Total Benefits Specialists Limited Network  
OPTICAL SERVICES**

### OPTICAL SERVICES

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Unicomer Trinidad Ltd (Courts Optical)	Optician	Lp#867 High Street, Naparima Mayaro Rd, Rio Claro	South East	nigel_pustam@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
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 Papouire Rd, Lower Barrackpore	South West	info@naparimadentalclinic.com	333-2052 654-0925
Dental 360 Ltd (Dr Nadia Ramnarine)	Dental Surgeon	63 Rushworth Street, San Fernando	South West	dental360ld@gmail.com	222-3778 386-1982
Dental and Implant Centre (Dr. Pravin Sharma)	Dental Surgeon	Gulf View Medical, La Romain	South West	ps_dental@hotmail.com	652-2117
Dulan's Family Dental & Implant Centre	Dental Surgeon	22 Bertrand Street, San Fernando	South West	dulandental@hotmail.com	657-1173
Elite Dental Centre - Lutchman, Kenneth (Dr)	Dental Surgeon	#41 Cipero Street, San Fernando	South West	elitedentalcentre@gmail.com	223-7220 365-0033
Endevour & 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	sfldental@gmail.com	657-6453 657-2677
Essential Dental Solutions Ltd	Dental Surgeon	1054 S.S. Erin Rd, Debe	South West	info@essentialdentaltt.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 evocasgdl@gmail.com tynargdl@gmail.com	672-6725 221-0279 228-6725
Harnarayan Orthodontics Ltd. Harnarayan, Sastrri (Dr)	Orthodontist	76-78 Seukeran Street, San Fernando	South West	harnarayan.orthodontics@gmail.com	657-7885 652-7223
iSmile Dental Care Ltd	Dental Surgeon	#54 Bamboo Bay Road, Gulf View La Romain #735 Papouine Road, Barrackpore	South West South West	ismiledentalcare0@gmail.com ismiledentalcare0@gmail.com	654-5022
Lifetime Smiles Limited	Dental Surgeon	#114 High Street, Princes Town Penal Junction, 5 Penal Rock Rd, Penal	South West	lifesmilesld@gmail.com	220-2002 707-6453 227-6453 777-6453
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 46 Baptist Road, Point Fortin	South West South West	info@naparimadentalclinic.com	657-1369 314-0515
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	radiantsmilesdt@gmail.com	687-1300
Smiles Studio Company Limited- Gobin, Niala (Dr)	Dental Surgeon	218 Southern Main Rd, Bamdoo La Romain	South West	smilestudioco.ltd@gmail.com	268-0220 463-5364
The Smile Experts Dental Clinic Ltd	Dental Surgeon	#18 Bonne Aventure Road , Gasparillo	South West	mragob88@hotmail.com smile.expertsld@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 & Mohess Road, Debe, Penal.	South West	subrinan@gmail.com	225-6991 298-5371
Dr. Ovel Seale / The Smile Makers Ltd	Dental Surgeon	#47 - #47A St.James Street, San Fernando #23 De Gannes Lane Siparia	South West	ssseale2014@gmail.com	652-2076 385-1184 649-3662 385-1184
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	fivestartdental@outlook.com	712-8048
Dr. Norbert Samlal / Siparia Wellness Centre	Dental Surgeon	#48 George Street Siparia	South West	spdentltd@gmail.com	649-9950
Dr. Surendra Rampersad / The Dental Office	Dental Surgeon	Rampersad Plaza, Penal	South West	thedentaloffice@gmail.com	647-3525
Dr. Sabita Harrissoon / Dental Designs Ltd	Dental Surgeon	#9 Naparima Mayaro Road, Cocoyea, San Fernando	South West	dentaldesignsld@outlook.com	657-3368
Transcend Dental Limited- Dr Ryan Segobin & Dr. Videsh Rambissoon	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

### 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	occuvic2@gmail.com	222-8021 671-4859
Carter, Dion(Dr.)	GP	#1 Pointe-A-Pierre San Fernando	South West	mellas929@yahoo.com	653-0291
Gene-Leben, Danielle (Dr)	GP	#28 Finch Street, Phillipine, San Fernando.	South West	dgene.med@gmail.com	468-2810
Gobin, Ronald (Dr)	GP	416 Southern Main Rd, La Romain	South West	ronaldgbn5@gmail.com	652-9193
Maharaj Marvindra (Dr)	GP	1071 SS Erin Rd , Debe	South West	drmaharaj@premiummedicalcare.net	647-1646
Ramkaransingh, Nitya(Dr) The Practice	GP	#136 Coral Drive Gulf View, La Romain	South West	theppractice136@gmail.com	225-0850 283-0473
Ramsayvak-Lalla, Renata (Dr)	GP	Victoria lab Building, #14 Cuppy Street Vistabella	South West	renelalla.md@gmail.com	313-5952
Rosopnarine, Robin (Dr)	GP	Corner Frederick & Danford Streets Marabella	South West	robinrosopnarine@yahoo.co.uk	658-6615
Sinanan, Joel (Dr)	GP	Cor. Frederick & Danford Streets, Marabella	South West	sinananandrosopnarine@gmail.com	658-6615
Ford, Tyron (Dr) / TF Medical	GP	#71 Guaracara Tabaque 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	241-3423
Dr. Sasha Siberan / Claxton Bay Medical Centre	GP	#236 Cedar Hill Road, Sum Sum Hill, Claxton Bay	South West	claxtonbaymedicalcentre@hotmail.com	653-5855
Trinity Medical Centre Ltd - Dr. Rajiv Maharaj Dr. Leon Diptee Dr. Brad Sahadeo	GP	#40 -#44 Sutton Street, San Fernando	South West	info@trinitymedtt.com	653-5855
Santa Flora Medical Clinic - Andrew Boxill	Dr. GP	696 Erin Road, Santa Flora	South West	santafloremedics@gmail.com doctorabox@gmail.com	737-5399

Dr. Derek Griffith - LabQuick Ltd	GP	#31 Seukan 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	premiermedicalpf@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	navatsonf2@gmail.com dmadyawatson@gmail.com	319-8955 240-8821
Dr. David Jackson / Genesis Family Medical Centre	GP	#99B Circular Road, San Fernando	South West	davidsh.jackson@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	sipdentld@gmail.com	649-9950

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
Tilluckdharry, Roy (Dr)	Non-Invasive Cardiologist	Cross Crossing Medical, Oliver Ave, Coconut Drive, San Fernando	South West	mail@scmctt.com	652-4411
Bissoondatt, Roshni (Dr)	OBGYN	26-34 Quenca St. San Fernando	South West	livinglady.265@gmail.com	652-2064
Dr. Narine Mack	Endocrinology & Diabetes	62 Mucurapo St, San Fernando	South West	narinemack@gmail.com	718-3939 653-5855
Singh, Devendra (Dr)	OBGYN	5 Archibald Street, Vistabella	South West	dss@doctors.net.uk serviamt@gmail.com	657-3963 739-4646 725-8879
Mahabir, Anirudh (Dr)	Ophthalmologist	Surgi- Med Clinic, San Fernando	South West	admin@surgimedtt.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@surgimedtt.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@surgimedtt.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 301-1150
Dr. Rene Ramnarace / GastroMed Ltd	Gastroenterologist	Southern Medical Clinic- #26-#34 Quenca St. San Fernando	South West	vashtie_r@yahoo.co.uk	652-4535
Dr. Lal Sawh	Urologist	Southern Medical Clinic- #26-#34 Quenca St. San Fernando	South West	lallsawh@gmail.com sawhsreception@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 Bodoec / Avocat Health Care Facility	GP-Internal Medicine	#238 Pepper Village, Fyzabad	South West	cbodoec@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	andenservicesld@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	tdelimited@gmail.com	657-4529 782-1613
Occumed Ltd - Dr.Ishta Rampersad / Dr.Wayne Ramgoolam	Occupational Medicine	#725 Mc Connie Street, Gulf View, La Romain #7A Church Street,Point Fortin	South West	accounts@occumedtt.com	306-0553
Dr. Celeste Manchoon / Medconnect Ltd	Paediatrician	Gulf View Medical Centre	South West	crmpaeditrics@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@ccmctt.com - Akilma Omar	652-4411 652-4412
Gulf View Medical Centre Ltd	Hospital	715-716 McConnie Street, San Fernando	South West	hpooran@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@surgimedtt.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	annarampersad@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	victoriadiagnosticimaging@gmail.com	652-3153

Total Benefits Specialists Limited Network LABORATORY SERVICES					
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NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Green Med Laboratories	Laboratory	72A Leotaud Street San Fernando	South West	greenmedltd@yahoo.com	223-7627 740-6968
Victoria Laboratories	Laboratory	9-13 Guppy Street, San-Fernando	South West	accounts@victorialaboratories.com	652-4579
		#34 Adventure Road, Point Fortin	South West	accounting@victorialaboratories.com	648-1862
Platinum Medical laboratory Services	Laboratory	#1 Grell Street, Siparia	South West	platinummedicallab@gmail.com	296-9382

**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 Mucurapo 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	gbran@hnci.co.tt	285-7262 / 285-5642

**Total Benefits Specialists Limited Network  
OPTICAL SERVICES**

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ferreira Optical Limited	Optician	Gulf View Mall, San Fernando Lower High Street, Siparia	South West South West	fol107@ferreiraoptical.com customercare@ferreiraoptical.com	225-1153 225-4365
Look Opticians	Optician	Unit 103 Carlton Centre, San Fernando	South West	sec@look-opticians.com	866-5665 5665 800-299-3368 WhatsApp
Optometrists Today	Optician	Gulf City Mall, Gulf View 70 High Street, San Fernando	South West South West	administration@optometrists.today.com	657-2329 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_pustarn@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
		#8 Guapo Cap-de-Ville Main Rd. Point Fortin			672-7578 6751
J.D's supercenter, 10 Tramline Road, Princes Town	672-7577 6550/51				
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	idealoptical40@gmail.com	653-3937
Eye Assist Optical	Optician	#79 Dabiedial Road, Penal	South West	info@eyeassistoptical.com	488-7041 294 5195 291-5194
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@visionaryecp1.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	brightopticalld@gmail.com	221-9658
		Lp#51 Bhupasingh Street, Penal.			222-7811

**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		bhagandrugsc3@hotmail.com	229-4272
		PriceSmart Compound, La Romain		bhadrlaro@gmail.com	697-7570
DMedicine Cabinet Ltd	Pharmacy	#454 Southern Main Road, La Romain	South West	sunirajpau@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@tilluckdharry.com	647-7075
Superpharm	Pharmacy	Gulf View, La Romain	South West	sthomson@superpharmtt.com	675-5666 ext 2600
		Marabella	South West		675-5666 ext 2900
Park View Drugs	Pharmacy	Lot B S.S Erin Road, Phillipine	South West	rmananand@parkviewtt.com	223-4235
Handels Pharmacy Ltd	Pharmacy	Shop #1 St.Margaret's Junction, Claxton Bay.	South West	haydenal1711@gmail.com	659-3507
Rousillac Drug Mart	Pharmacy	#440 Southern Main Road, Rousillac	South West	rousillacdrugmart@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, Barackpore		taraspharmacybarackpore@gmail.com	Tel/Fax: 654-1846 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 shivapharmacy20@yahoo.com	652-1507



Healthonic Drug Mart	Pharmacy	#19 Cipero Street, San Fernando	South West	shivamaharaj@hotmail.com	283-8634
Lisa's Pharmacy Ltd	Pharmacy	#2 Allies Street, Siparia	South West	lisapharmacy21@gmail.com	Tel/Fax: 222-3101 Whatsapp: 332-4466
		#155 Guapo Road, Fyzabad			Tel/Fax: 677-3903 Whatsapp: 263-0804
		#109 Guapo Road, Fyzabad			Tel/Fax: 220-1380 Whatsapp: 272-8096
		#54 Bamboo Bay Road, Gulf View			Tel/Fax: 697-3096 Whatsapp: 303-5052
		#102 Sunkist Development, Phillipine			Tel/Fax: 223-2849 Whatsapp: 743-0692
Viva Pharmacy Ltd	Pharmacy	#62 Southern Main Road Marabella	South West	varnam2053@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	avocatpharmassists@gmail.com tamara.banasrie@gmail.com	480-2097 310-7388
Chattergong Pharmacy	Pharmacy	Lp# 1405 Aripero Village Rousillac	South West	derron15@hotmail.com	219-1026
Sinanam 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
Massy Stores Pharmacy	Pharmacy	Corner South Trunk Road and Bamboo Bay Road, La Romain	South West	gview.pharmmgr.tn@massystores.com mbella.pharmmgr.tn@massystores.com	658-2273
		Marabella House, Marabella Roundabout, Southern Main Road, Marabella			653-8495
Trinity Meds Pharmacy Ltd / Cure Logistics Ltd	Pharmacy	#40-#44 Sutton Street, San Fernando.	South West	trinitymedsld@gmail.com	653-5855

Total Benefits Specialists Limited Network PSYCHOLOGISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
PEAPSL Consultancy Limited (Formerly Petrotrin EAP Services Ltd)	Counselling Services	34 Casuarina Avenue, Petrotrin Compound, Pointe a Pierre	South West	info@peapsi.com	658-1291
Psychological Services ( Dr Priya Maharaj)	Psychology	Gulf View Medical Centre 715-716 Me 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@advdnt.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	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	jerushakgdl@gmail.com	672-6725
				excessst.gdl@gmail.com tynargdl@gmail.com	221-0279 chaggdl@gmail.com
Quality Dental Care Centre - Rock, Roosevelt (Dr)	Dental Surgeon	# 10 Me Bean Road, Couva	Central	rockcentre@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 Anna Kissoon	Dr. Dental Surgeon	#20 Magnificent Mall, 271 Southern Main Road, Me 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
Transcen Dental Limited- Dr Ryan Segobin & Dr. Videsh Rambissoon	Dental Surgeon	Ankavilla Bldg. 8 Endeavour Road, Chaguanas	Central	transcendentaldocs@gmail.com	665-1979 / 496-6543
Pristine Dental Solutions - Dr. Jhaunell 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	chaguanasdentalclinic@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	occuvc1@gmail.com	671-4859
Matmungal, Vani (Dr)	GP	# 37 Southern Main Road, California, Couva	Central	medifccentre@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-Ramkissoon / Dr. Joel Ramkissoon	GP	313-317 Balmain Village, Couva	Central	freedommedicalclinic@gmail.com	345-0346 387-8777
Dr. Amanda Lalchan / 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 Devertuile 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	teejal@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	shandilyaacumed@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@pscltt.com	348-4698 348-6769
Rampersad Medical Centre Ltd	G.P	#50 Mission Road, Freeport.	Central	rampersadmedicaltd@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@medicallassociatestt.info; customerservice@medicallassociatestt.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
Victoria Laboratories	Laboratory	14 Endeavour Road, Chaguanas Southern Main Road, Couva	Central Central	accounts@victorialaboratories.com	665-1928 636-4567
Premier Specialty Clinic Ltd	Laboratory	#26 Southern Main Road, California Couva.	Central	insurance@pscltt.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	Isaac Junction, JTACComplex, Couva Bldg #3 Lp#150 Chadee Lohar Road, Monroe Settlement, Cumupia	Central	rcptouv@hncl.co.tt rcptunp@hncl.co.tt	285-4641 / 5642 285-5642 / 4636
Purivo Dialysis Centre Company Ltd	Diagnostic	#1 Darling Street, St. Thomas Village, Chaguanas	Central	adminchaguanas@purivodialysisist.com	222-3239
Medi-Plus Clinic & Imaging Ltd	Diagnostic	Lp #103 Main Road, Balmain Village, Couva	Central	deena_ramlagan@hotmail.com mediplus@ramlagansholdings.com	236-4624
Premier Specialty Clinic Ltd	Diagnostic	#26 Southern Main Road, California Couva.	Central	insurance@pscltt.com	348-4698 348-6769

Total Benefits Specialists Limited Network OPTICAL SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Crystal Clear Vision Limited	Optician	#8 Endeavour Road, Ankavilla Bldg, Chaguanas	Central	shaliz100@yahoo.com	610-3937
Ferreira Optical Limited	Optician	Price Plaza Mall, Chaguanas	Central	fol106@ferreiraoptical.com	225-1149
Lily-The Eye Specialist Limited		#8 Endeavour Road, Ankavilla Bldg, Chaguanas	Central	shaliz100@yahoo.com	610-3937
Optometrists Today	Optician	Grand Bazaar Centre City Mall, Chaguanas	Central Central	administration@optometrists.today.com	645-3229 672-2329
Value Optical	Optician	Mid Centre Mall, Chaguanas	Central	valueopticalcar@gmail.com	653-1000
Unicomer Trinidad Ltd (Courts Optical)	Optician	#8 Chaguanas Main Road, Chaguanas Calcutta Road No. 1 Freeport	Central	nigel_pustam@unicomer.com	672-7577 Ext5250 672-7577 Ext4850/51
Focus Vision	Optician	#194 Sothen Main Road, Couva	Central	focusvisionlimited@gmail.com	679-7323

Total Benefits Specialists Limited Network PHARMACIES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Bhagan's Drugs	Pharmacy	Shop 18-19 Price Plaza, Endeavour Road, Lp #13 Caroni Savannah Road, Chaguanas	Central	bhaganspriceplazaservice@gmail.com bhagansdrugscsr@gmail.com	763-5106 631-5143 671-0331
Nancy's Pharmacy Limited	Pharmacy	# 47 Rodney Road, Endeavour Village, Chaguanas	Central	nancys.pharmacy@gmail.com	222-6210
Superpharm	Pharmacy	Price Plaza Couva	Central Central	sthomson@superpharmt.com	675-5666 ext 2200 675-5666 ext 2700
ACL Drugs Ltd	Pharmacy	#151 Arena Road, Freeport	Central	acldrugsltd@gmail.com	389-3512
Massy Stores Pharmacy	Pharmacy	9B Corner South Brentwood Ave. Regent & Regent Ave, Brentwood	Central	brentwood.pharmgr.tt@massystores.com	609-2031
Rampersad Pharmacy Ltd	Pharmacy	#50 Mission Road, Freeport.	Central	rampersadmedicaltd@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, Montrose, Chaguanas	Central	intalclinic@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@hncel.co.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	<a href="mailto:nigel_pustan@unicomer.com">nigel_pustan@unicomer.com</a>	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) <b>Rovanel's Resort</b>	Counselling Services	Old Store Bay Road, Bon Accord	Tobago	<a href="mailto:info@peapsl.com">info@peapsl.com</a>	235-5EAP(5327)

Listing Updated: 21st July, 2023