

North West

Total Benefits Specialists Limited Network DENTISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Seeberan, Ingrid (Dr)	Dental Surgeon	4 A Alexandra Street, St. Clair	North West	familydentistryeldorado@yahoo.com	610-7700 662-1827
Bartholomew, Brendon (Dr) - The Practice	Dental Surgeon	52 Luis Street, Woodbrook	North West	the.practicetn@gmail.com	622-1010
Dental Smiles Limited (Dr. Nicholas Quong Sing)	Dental Surgeon	# 20 Pitt Street Woodbrook	North West	dentalsmilesd@gmail.com	225 2356 478 9183
DeVerteuil, Paul (Dr)	Dental Surgeon	69 Roberts Street , Woodbrook	North West	info@numedt.com	289-4836 316-1383
Dr. Nigel Camacho	Dental Surgeon	St. Clair Medical Center, Port of Spain	North West	otcdental123@gmail.com	628-8606
Ebrahim Ghuran (Dr)- Dental Solutions Ltd.	Dental Surgeon	38 Petra Street, Woodbrook	North West	ebghuran@yahoo.com ; smiles@trinidadalsolutions.com	628-7787
Endeavour & Maraval Limited Dr. N. Souza-Okpofabri Dr. Neil Woon Sam Dr Carlisle Russell-Hosein	Dental Surgeon	43-45 Frederick 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	jrushakgdl@gmail.com	628-1456
		Unit 48-49 Royal Palm Plaza #7 Saddle Road Maraval	North West	execasgdl@gmail.com tynergdl@gmail.com	622-0040
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@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.pnward@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	645-1199
868 Dental Studio Ltd / Dr. Candice Cunningham	Dental Surgeon	# 4 O'Connor Street, Woodbrook	North West	cjcunningham2004@gmail.com	231-5059

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ames, Alexandra (Dr)	GP	13 Carlos Street, Woodbrook	North West	alexandraames6@gmail.com	221-5150
Fit to work Medical Services- (Bhimsingh, Adesh Dr)	GP-Occupational Medicine	3A Warren Street, Woodbrook	North West	ftwmedical@gmail.com	468-4948 628-6620
Chan, Adrain (Dr) Health Med Limited	GP	Corner of Henry Street, Aranguez	North West	achan1990@gmail.com	357-2426
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	gmeshtd@gmail.com	222-8021
Emmanuel, Giselle (Dr)	GP	19 A Madras Street, St. James	North West	gisemmanuel@gmail.com	622-5230 726-5111
Goindoo, Andy (Dr)	GP	111 Long Circular Road, St. James	North West	andygoindo1@gmail.com	304-0140
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	bovedoc@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	contact@faconline.com	628-3643
Rahman, Rainer (Dr)	GP	LP #15 El Socorro Road, San Juan	North West	doctorrahman@hotmail.com	221-9069
Renata, Posran (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
Robertson, Jill (Dr)	GP	8 Saddle Road, Maraval	North West	chilibbi@hotmail.com drsoffice5433@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. Anashia Tewari-Bridgellal	GP	Chanka's Court, El Socorro Road, San Juan	North West	anashiatewari@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



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
Rawlins, Randolph (Dr)	Cardiac Surgery/ Thoracic Medical & Surgical Services	Doctor's Inn, 92 Oxford Street	North West	ran3@aol.com	625-4282
		#239 Western Main Road, Cocorite	North West		285-5091
Bisram Mahabir (Dr)	Dermatologist	43-45 Fredrick Street, P.O.S	North West	bisrammahabir@hotmail.com	623-4159
Suite, Marilyn (Dr)	Dermatologist	Dundonald Street, POS	North West	marlynsuite@yahoo.com	625-7176
Nancoo, Keith (Dr)	Foot Specialist	CVA Limited, 92 Oxford Street, POS	North West	friley@drsinn.com	730-2330
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@drsinn.com	625-4282
Welch, Winston (Mr)	General Surgeon	102 Woodford Street, Newtown, POS	North West	drwelch@outlook.com	622-9842 622-4149
Henry, Ronald (Dr)	Interventional Cardiologist	Doctors Inn, 92 Oxford Street, POS	North West	friley@drsinn.com	627-7920 627-7728
	Interventional Cardiologist	West Shore Medical, Cocorite	North West		628-3239
Mohammed, Emile (Dr)	Nephrologist	West Shore Medical Private Hospital	North West	info@ckdit.com	622-2025
Adam, Rasheed (Dr)	Neurosurgeon	121 Western Main Road, St. James Medical	North West	rash97@live.com	622-6023
Kowlessar, Peter (Dr)	Neurosurgeon	23 Baroda Street, St. James	North West	brainspinehd@gmail.com	622-6023
		WestShore Medical, Cocorite	North West		285-5019
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
Omardeen, Feroze (Dr) - Healthy Heart Limited	Non- Invasive Cardiologist	Healthy Heart, WestShore Medical	North West	healthyhearthd@gmail.com	622-1876
Bhagan, Samantha (Dr)	OBGYN	GoodHealth Medical Centre, Woodbrook	North West	samanthabhagan@hotmail.com	625-9983
Black-Boxill, Sandra(Dr)	OBGYN	76 Luis Street, Woodbrook	North West	todayswomanobgyn@gmail.com	474-5309
Keith, Clifford (Dr.)	OBGYN	92 Oxford Street, POS	North West	friley@drsinn.com	625-4282
Kuruvilla Ajit (Dr)	OBGYN	75 Luis Street, Woodbrook	North West	ajitgeorgekuruvilla@gmail.com	622-0695
Jaggat, Anilla (Dr)	OBGYN	West Shore Medical Centre, 239 Western Main Road, Cocorite	North West	drjaggat@gmail.com	285-5019 Fax: 328-1205
Dr Araujo (Fracture & Orthopaedic Clinic)	Orthopaedic Surgeon	29a St. Clair Ave., St. Clair	North West	klayne@faconline.com	628-3643
Dr Louisaing (Fracture & Orthopaedic Clinic)	Orthopaedic Surgeon	29a St. Clair Ave., St. Clair	North West	klayne@faconline.com	628-3643
Indar, Rupert Jr. (Mr)	Orthopaedic Surgeon	#1 Adam Smith Square, Woodbrook	North West	info@orthospineinstitutet.com; rupertindar@yahoo.com tamara.phillip@smctt.com shellyann.bbola@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
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@drsinn.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	285-5019
Dr. Taarik Dookie	Cardiologist	#109 Diego Martin Main Road, Diego Martin (CVA Ltd)	North West	sawhsreception@gmail.com	360-7373
Sukhbir, Raquel (Dr)	GP-Internal Medicine	16 Akazar Street, POS	North West	dr.t.dookie@gmail.com	625-4282
Dr. Earl Brewster / Earl Brewster Medical Ltd	OBGYN	#84 Maraval Road, St. Clair, Newtown, P.O.S	North West	drebrewster@gmail.com	235-3604
Dr. Phillip St. Louis / West Indian Neurosciences Ltd	Neuro-Surgeon	#14 Church Street, St. James	North West	wint@ain.md	622-2979 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




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@medcorp Ltd.com ainkafraser@medcorp Ltd.com gerardlezama@medcorp Ltd.com jenellenabbie@medcorp Ltd.com	628-1451 628-1452
WestShore Medical Hospital	Hospital	239 Western Main Road, Cocorite	North West	wsm@westshorett.com	628-2170 285-5019
Community Hospital of Seventh Day Adventist	Hospital	#182 Western Main Road, Cocorite, St.James	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	mritn@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@westshorett.com	285-5019

 Total Benefits Specialists Limited Network LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Be Well Medical Group	Laboratory	#4 Marli Street, Newtown, POS	North West	info@bewellmedt.com	628-8293 322-5313
Border life Medical Laboratory Ltd	Laboratory	#71 EMR San Juan	North West	borderlifemedlab@gmail.com	229-8643
Victoria Laboratories	Laboratory	64 Pembroke Street, Port of Spain	North West	accounts@victorialaboratories.com vilpos@victorialaboratories.com	625-8493
		239 Western Main Road, Cocorite	North West	wsaccounts@victorialaboratories.com accounting@victorialaboratories.com	628-3214
Nexgen Pathology Services Ltd	Laboratory	#3 EMR, San Juan	North West	tramarace@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@ackcares.com	628-4740 ext 400
Advanced Cardiovascular Institute Ltd	Diagnostic	239 Western Main Road, Cocorite	North West	aci@ackcares.com	628-4740 ext 400
Be Well Medical Group	Diagnostic	#4 Marli Street, Newtown, POS	North West	info@bewellmedt.com	628-8293 322-5313
Caribbean Kidney and Dialysis Centre	Diagnostic	West Shore Medical Private Hospital	North West	info@ckditt.com	622-2025
Doctor's Inn-(CVA Ltd)	Diagnostic	Oxford Street, Port- of - Spain	North West	shenry@drsinn.com spigrin@drsinn.com cwacsr@drsinn.com	625-4282
Doctor's Inn-(CVA Ltd)	Diagnostic	109 Diego Martin Main Road, Diego Martin	North West	diwcsr@drsinn.com	625-4283
Fracture and Orthopaedic Clinic	Diagnostic	Fracture & Orthopaedic Clinic, Broome Street, St. Clair	North West	contact@faoonline.com ndouglas-haynes@faoonline.com mgall-bhagwanden@faoonline.com	628-3643 628-8834
Island Sleep Diagnostics (ISD) Health Solutions Limited	Diagnostic	Level 1,Shop #52, Movie Towne, P.O.S	North West	gregory@isdhealthsolutions.com vanessa@isdhealthsolutions.com	637-6673
REGENTS DIALYSIS LIMITED	Diagnostic	105 Regents Towers Westmoorings	North West	mandymoses@yahoo.com	735-3519
The Care Clinic and Medical Centre	Diagnostic	32 Kitchener Street, Woodbrook	North West	liesel.ccmc@gmail.com	628-2225
Trinidad and Tobago Prostate Brachytherapy Ltd	Diagnostic	26 Ana St, Woodbrook	North West	lisa.affonso@gmail.com	625-5824
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		rctpara@hnci.co.tt	285-4642 / 5642
Renata, Pooan (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	#9 Hingoo Lands El Socorro South San Juan	North West	800eyes.trinity@gmail.com	393-3937
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 Optical	Optician	27 Ariapita Ave, Woodbrook	North West	see@look-opticians.com	627-5665
		39 Freerick Street, Port-of-Spain	North West		866-5665
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	valueopticalar@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 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			
Dr. Nalini Teelucksingh / One Optics Ltd	Optician	Boisseire Place, 14E Saddle Road, Maraval	North West	oneopticsltd@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@trinidaddeyehospital.org	620-1025 235-4834

 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	duc916@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.diegosmartin@drsinn.com	

Kappa Caribbean Limited	Pharmacy	Highland Plaza Western Main Road, Glencoe	North West	kmohammed@kappadrugs.com glencoesmgr@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.pharmmgr.tt@massystores.com	621-2273
		Western Main Road Westmoorings		wmoor.pharmmgr.tt@massystores.com	633-2273
		111 Saddle Road, Maraval		moka.pharmmgr.tt@massystores.com	609-2301

Total Benefits Specialists Limited Network PHYSIOTHERAPISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Healing Partners Limited	Physiotherapy	43 Brunton Road, St James	North West	joannnis@gmail.com	662-4038
Renew Star Serpentine	Physiotherapy	14 Rust Street, St. Clair	North West	renewstarserpentine@gmail.com	623-7827 223-4325
Total Rehabilitation Centre	Physiotherapy	El Socorro Ext. Road, 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-SEAP(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	familydentistryel dorado@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	exquitedentaltr@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	664-3534 667-7521
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.mankee1@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	chdentaltcentre@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	arimadentists@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	663-1108

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
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
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 Eastern Main Road, Curepe	North East	wahidm972@gmail.com	663-8946
Ramcharitar-Maharaj, Aruna (Dr)	GP	Cor. Evans & Watts Streets, St. Augustine	North East	askdrarunarn@gmail.com	222-9502 480-8535
Dr. Garthlyn Craig	G.P-Family Medicine / Epidemiology	#4 La Resource Road North, D'Abadie	North East	drcaigsoffice@gmail.com	642-3846

Total Benefits Specialists Limited Network SPECIALISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Golden Care Medical Services Ltd (Dr. Ricky Maharaj)	Cardiologist	Shops of Arima, Tumpuna Road Arima	North East	goldencaremed@gmail.com	221-6993 221-8658
Bisram Mahabir (Dr)	Dermatologist	Woodford Street, Arima	North East	bisrammahabir@hotmail.com	667-2058
Maharaj, Khamedaye (Dr)	Dermatologist	# 2 St. Helena Village, St. Helena	North East	drkbmaharaj@yahoo.com	669-5719
Ariyanayagam, Denish (Dr)	General/Vascular Surgeon	SAPH, 4 Austin St, St. Augustine	North East	shamillys@gmail.com	662-7777
Ali, Ronan (Dr)	Interventional Cardiologist	Medical Associates Hospital, St Joseph	North East	ronan.ali@sta.uwi.edu	662-2766

Kowlessar, Peter (Dr)	Neurosurgeon	St. Augustine Private Hospital, 4 Austin Street, St. Augustine	2-	North East	brainspinehd@gmail.com	285-7274
Bird, Bruce (Dr)	Non - Invasive Cardiologist	Medical Associates Hospital, St Joseph		North East	premierhearcarldd@yahoo.com	662-2766
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	nada2804@gmail.com	662-7777
Cazabon, Hilary Lee (Dr)	Paediatrician Surgeon	SAPH, 4 Austin St, St. Augustine		North East	hilary.lee.cazabon@gmail.com	663-7274 663-8909
Seemungal, Terrance (Prof.) Respiratory Care T&T Limited	Thoracic Specialists	SAPH, 4 Austin St, St. Augustine		North East	tseemungal@aol.com	375-4710
Dr. Avinash Nath	OBGYN	#84 Bahadase Maraj Avenue, Curepe		North East	dravinashnath@gmail.com	327-4730
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@trinidadseyehospital.org	620-1025 235-4834

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@medicallassociatestt.info; customerservice@medicallassociatestt.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@saphtt.com zorisha.islam@saphtt.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	annarampsad@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	platinummedicallab@gmail.com	640-7745	

Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES						
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE	
Arima Diagnostic Clinic	Diagnostic	25 Hollis Avenue, Arima	North East	enquiries@arimadclinic.com hnaversad@gmail.com	664-3850	
Golden Care Medical Limited (Dr Ricky Maharaj)	Diagnostic	Shops of Arima, Tumpuna Road Arima	North East	goldencaresmed@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 Tarcaigua	North East	rcptaca@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 Trinity #1-2 Tissue Drive, Trinity	North East	800eyes.trinity@gmail.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 Optical	Optician	141 EMR St. Augustine	North East	see@look-opticians.com	645-5665	
Optometrists Today	Optician	Trinity Mall, Trinity	North East	administration@optometriststoday.com	640-2329	
		31A Queen Street, Arima	North East		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	rigel_pustam@unicomer.com	672-7577	Ext
		Valpark Shopping Plaza, Valsayn			1990/91	
		#10 EMR Sangre Grande			672-7577 Ext 3450/51	
Caribbean Vitreous & Retina Surgery Ltd	Optician	Corner Warren Street & Private Road, St. Augustine	North East	customerservice@trinidadseyehospital.org	620-1025 235-4834	

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		
Las Lomas Pharmacy Ltd	Pharmacy	#14 Caroni South Bank Road, Las Lomas #2	North East	laslomaspharmacy@gmail.com	227-8378 713-1177		
Lee's Pharmacy Limited	Pharmacy	# 61 Eastern Main Road, Curepe	North East	leespharmacyrx@gmail.com	662-5466		
Superpharm	Pharmacy	Valsayn	North East		675-5666 ext 2300		
		Trinity	North East	sthomson@superpharmtt.com	675-5666 ext 2800		
St. Augustine Private Hospital Pharmacy	Pharmacy	4 Austin Street, St. Augustine	North East	billings@saphtt.com sherec.guilmoe@saphtt.com	663-7274 ext.2247		
Massy Stores Pharmacy	Pharmacy	1-2 Trinity Industrial Estate, Corner Tissue Drive and Churchill Roosevelt Highway, Trinity	North East	tcity.pharmmgr.tt@massystores.com	609-2021		
		Corner Seller Street and Eastern Main Road, St. Augustine			staug.pharmmgr.tt@massystores.com	662-2273	
		Mandalay Gardens, Buena Vista Estate, Arima			mandalay.pharmmgr.tt@massystores.com	609-2250	

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		220-8000

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Kotapati, Anil Kumar (Dr) - (Rio Medical Centre)	GP	2451 Naparima Mayaro Road, Rio Claro	South East	riomedicalcentre@gmail.com	289-5383
Dr. Kamaluddin Amin	GP	#4 Guayaguayare Road, Rio Claro	South East	melissalaloo@yahoo.com	644-2558

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

Total Benefits Specialists Limited Network 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

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 Papouirie 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	dental360ltd@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	657-1773
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 Carlisle Russell-Hosein	Dental Surgeon	11 Gordon St, San Fernando	South West	sfdodental@gmail.com	657-6453 657-2677
Essential Dental Solutions Ltd	Dental Surgeon	1054 S.S. Erin Rd, Debe	South West	info@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 execasst.gdl@gmail.com tynergdl@gmail.com	672-6725 221-0279 228-6725
Harnarayan Orthodontics Ltd. Harnarayan, Sastri (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	South West	ismilecare0@gmail.com	654-5022
Lifetime Smiles Limited	Dental Surgeon	#735 Papouine Road, Barrackpore	South West	lifetimesmilesld@gmail.com	220-2002 707-6453
		#114 High Street, Princes Town	South West		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	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	nviewendo@gmail.com	657-1322
		#518 Avocat village, Fyzabad	South West		
Radiant Smiles Dental - Ramsaran, Anissa (Dr)	Dental Surgeon	#20 A Dumfries Road, Palmiste Junction, Bamboo Village, La Romain	South West	radiansmilesst@gmail.com	687-1300
Smiles Studio Company Limited- Gobin, Niala (Dr)	Dental Surgeon	218 Southera 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		305-4746
Tropical Dental-Lalla, Paiman (Dr)	Dental Surgeon	Victoria Nursing Home #5 Archibald St. Vistabella San Fernando	South West	tropicaldental@vaboo.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	South West	ssseale2014@gmail.com	652-2076
		#23 De Gannes Lane Siparia			649-3662
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	festardental@outlook.com	712-8048
Dr. Norbert Samlal / Siparia Wellness Centre	Dental Surgeon	#48 George Street Siparia	South West	sipidentld@gmail.com	649-9950
Dr. Surendra Rampersad / The Dental Office	Dental Surgeon	Rampersad Plaza, Penal	South West	thedentaloffice@gmail.com	647-3525
Dr. Sabita Harrikisson / Dental Designs Ltd	Dental Surgeon	#9 Naparima Mayaro Road, Cocoyea, San Fernando	South West	dentaldesignsld@outlook.com	657-3368
Transcen Dental Limited- Dr Ryan Seegobin & 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

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS

NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Babwah, Terence (Dr)	GP - Family & Sports Medicine	78 Manahambre Road, Princes Town	South West		468-7127 727-9650

Coombs, Victor (Dr)	GP/Occupational and Environmental Health	123 Riverside Drive, San Fernando	South West	occivic2@gmail.com	222-8021
Carter, Dion(Dr.)	GP	#1 Pointe-A-Pierre San Fernando	South West	mellas929@yahoo.com	671-4859
Gene-Leben, Danielle (Dr)	GP	#28 Finch Street, Philippine, San Fernando.	South West	dgene.mel@gmail.com	653-0291
Gabin, Ronald (Dr)	GP	416 Southern Main Rd. La Romain	South West	ronaldgbs5@gmail.com	468-2810
Khan, Claude (Dr) /The Anapatis Medical Centre	GP	10 Lamesse Street, Vistabella	South West	thananan@sis.med.centre@gmail.com	652-9193
Maharaj Marvindra (Dr)	GP	1071 SS Erin Rd., Debe	South West	drmsaharaj@premiummedicalcare.net	653-8249
Mootoo, Ramesh (Dr)	GP	Medical Centre, 7 Keate St., San Fernando	South West	medi.cen@yahoo.com	647-1646
Ramkaransingh, Nitya(Dr) The Practice	GP	#136 Coral Drive Gulf View, La Romain	South West	thepractice126@gmail.com	652-7144
Ramsaywak-Lalla, Renata (Dr)	GP	Victoria lab Building, #14 Guppy Street Vistabella	South West	renehalla.md@gmail.com	225-0850
Roopnarine, Robin (Dr)	GP	Corner Frederick & Dunford Streets Marabella	South West	robinroopnarine@yahoo.co.uk	283-0473
Sinanan, Joel (Dr)	GP	Cor. Frederick & Dunford Streets, Marabella	South West	sinananandroopnarine@gmail.com	313-5952
Ford, Tyron (Dr) / TF Medical	GP	#71 Guaracara Tabaqueite Road, Eccles Village, Williamsville	South West	tyronford@gmail.com	658-6615
Balliram, Sudesh (Dr) / Health For Life Medical Clinic	GP	#8 S.S Erin Road, Duncan Village, San Fernando	South West	healthforlifemc@yahoo.com	658-6615
Dr. Phani Rajesh Panvam / Princes Town Medical Ltd	GP	#26 Naparima Mayaro Road, Princes Town	South West	drphanirajeshp@yahoo.com	492-5086
Dr. Avind Ali	GP	SurgiMed Clinic - Corner Chacon & Penitence Street, San Fernando.	South West	avind123@hotmail.com	769-4086
Dr. Rajiv Maharaj / Trinity Medical Centre	GP	#40 - #44 Sutton Street, San Fernando	South West	info@trinitymedtt.com	689-2319
Dr. Sasha Siberan / Claxton Bay Medical Centre	GP	#236 Cedar Hill Road, Sum Sum Hill, Claxton Bay	South West	claxtonbaymedicalcentre@hotmail.com	652-4958
Trinity Medical Centre Ltd - Dr. Rajiv Maharaj Dr. Leon Dipjee Dr. Brad Sahadeo	GP	#40 -#44 Sutton Street, San Fernando	South West	Info@trinitymedtt.com	653-5855
Santa Flora Medical Clinic - Andrew Boxill	GP	696 Erin Road, Santa Flora	South West	santafloramedics@gmail.com doctorabox@gmail.com	737-5399
Dr. Derek Griffith - LabQuick Ltd	GP	#31 Seukaner Street, Les Efforts, West San Fernando	South West	derekgriffith@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 Richardon 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	nawatson62@gmail.com	319-8955
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

Total Benefits Specialists Limited Network SPECIALISTS						
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE	
Rawlins, Randolph (Dr)	Cardiac Surgery/ Thoracic Medical& Surgical Services	99B Circular Road, San Fernando	South West	ran3@aol.com	657-3356	
Bisram Mahabir (Dr)	Dermatologist	26-34 Quenca St. San Fernando	South West	bisrammahabir@hotmail.com	652-2064	
Dan, Dilip (Dr)	General & Laparoscopic Surgeon	Surgi-Med Clinic, San Fernando	South West	drdanreceptionist@hotmail.com	652-2197	
Kowlessar, Peter (Dr)	Neurosurgeon	26-34 Quenca St., San Fernando	South West	brainspinedl@gmail.com	652-2078	
Tilluckdharry, 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	
Singh, Devendra (Dr)	OBGYN	5 Archibald Street, Vistabella	South West	ds@doctors.net.uk servsiamt@gmail.com	657-3963 739-4646	
Mahabir, Anirudh (Dr)	Ophthalmologist	Surgi- Med Clinic, San Fernando	South West	admin@surgimedtt.com	652-4958	
Indlar, Rupert Jr. (Mr)	Orthopaedic Surgeon	26-34 Quenca St., San Fernando	South West	info@orthospineinstitutet.com; rupertindar@yahoo.com tamara.phillip@smctt.com shellyann.bbola@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	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 #26-	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 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.	South West	andenervicesltd@gmail.com	652-4948/2197/0383	
		Gulf View Medical Centre, San Fernando			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	

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	hpoora@gvmctt.net	652-7102
Southern Medical Clinic	Hospital	26-34 Ouenca St. San Fernando	South West	nigel.indar@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	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	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 740-6968
R A Medical Limited Liberty Medical Centre	Laboratory	#154 Pointe-A-Pierre Road, San Fernando	South West	info@libertymedicalcentertrt.com	610-4562
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	648-3862
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@ishealthsolutions.com vanesa@ishealthsolutions.com	637-6673
Premium Medical Care Limited	Diagnostic	1071 SS Erin Rd., Debe & San Fernando	South West	drmsuhara@gmail.com	647-1646
Trinity Medical Centre (Dr. Narine Mack)	Diagnostic	62 Macurapo 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	South West	fid107@ferreiraoptical.com	225-1153
		Lower High Street, Siparia	South West	customer@ferreiraoptical.com	225-4365
Look Optical	Optician	Unit 103 Carlton Centre, San Fernando	South West	see@look-opticians.com	800-5665
Optometrists Today	Optician	Gulf City Mall, Gulf View	South West	administration@optometriststoday.com	657-2329
Value Optical	Optician	70 High Street, San Fernando	South West	valueopticalar@gmail.com	653-1000
		Penal Junction, Penal	South West		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	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@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

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	bhaganssouthpark@outlook.com	653-1715
		B334,C3 Centre, Corinth, San Fernando		bhagandrugs3@hotmail.com	229-4272
		PriceSmart Compound, La Romain		bhadralo@gmail.com	697-7570
DMedicine Cabinet Ltd	Pharmacy	#454 Southern Main Road, La Romain	South West	sunilrajpaul@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
Ralph's Pharmacy Superpharm	Pharmacy	13 Penal Rock Road, Penal Gulf View, La Romain Marabella	South West South West South West	brian@tilluckdharry.com sthomson@superpharmtt.com	647-7075 675-5666 ext 2000 675-5666 ext 2900
Park View Drugs	Pharmacy	Lot B S.S Erin Road, Phillipine	South West	rramanand@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	677-2622 264-9322
		#206 Colonial Road, Barackpore		taraspharmacybarackpore@gmail.com	654-1846 264-9327
		#31C Belle Vue Industrial Estate, South Oropouche		taraspharmacyoropouche@gmail.com	677-2580 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	#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: 263-4804
		#109 Guapo Road, Fyzabad			Tel/Fax: 220-1380 Whatsapp: 272-8096
		#54 Bamboo Bay Road, Gulf View			Tel/Fax: 697-3096 Whatsapp: 303-5052
Viva Pharmacy Ltd	Pharmacy	#62 Southern Main Road Marabella	South West	varnam2053@gmail.com	657-7336
		#1066 S.S Erin Road, Debe	South West	pillstoppharm@gmail.com	335-7876
The Pill Stop Pharmacy Ltd	Pharmacy	#51 Main Road Point Fortin	South West	sastry.ramakrishna4@gmail.com	648-1840
Horaces Drugs Ltd	Pharmacy	#35 High Street, Siparia	South West		649-2055
		#166 S.S Erin Road, Debe	South West	centreplus166@gmail.com	222-5801
Centre Plus Pharmacy	Pharmacy	#166 S.S Erin Road, Debe	South West	centreplus166@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	480-2097 310-7388
Chattergeon Pharmacy	Pharmacy	Lp# 1405 Aripere 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_pharmng.r@massystores.com	658-2273
		Marabella House, Marabella Roundabout, Southern Main Road, Marabella		mbella.pharmng.r@massystores.com	653-8495

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@peapsl.com	658-1291
Psychological Services (Dr Priya Maharaj)	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, Chaguuanas	Central	service@advadent.com	665-6455
Dental and Implant Centre - Sharma, Pravin (Dr)	Dental Surgeon	92 Main Road, Montrose, Chaguuanas	Central	dentchag1@hotmail.com ps.dental@hotmail.com	672-8970
Endeavour & Maraval Limited		11A Endeavour Road, Chaguuanas	Central	reception@endeavourandmaraval.com	665-5085
Freeport Dental and Implant Centre	Dental Surgeon	EP 597 SMR St Mary's Carapichaima	Central	info@narpainadentalclinic.com	393-5200 304-6596
Gentle Dentistry & Implant Centre Ltd. (Dr. Ramcharitar)	Dental Surgeon	# 35 Ramnsaran Street, Chaguuanas	Central	jenshkgdl@gmail.com exccas1@gmail.com tynargdl@gmail.com	672-6725 221-0279
Quality Dental Care Centre - Rock, Roosevelt (Dr)	Dental Surgeon	# 10 Mc Bean Road, Couva	Central	nickentice@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 Chaguuanas	Central	dental.loungeltd@gmail.com	387-2198
Dental Solutions Family Practice Ltd Anna Kissoon	Dr. 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 Charlieville	Central	dental.imageworks2@gmail.com	222-9152
Transcen Dental Limited- Dr Ryan Seegobin & Dr. Videsh Rambissoon	Dental Surgeon	Ankavilla Bldg. 8 Endeavour Road, Chaguuanas	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
Chaguuanas Dental Clinic / Dr. Rishi Ramdeo	Dental Surgeon	#19 Main Road, Chaguuanas	Central	chaguuanasdentalclinic@yahoo.com	665-6074
Med Dent Services Ltd / Dr. Niala Ramlal	Dental Surgeon	Lp #53 Railway Road, Cunupia	Central	meddentservicesltd@gmail.com	228-3911

Total Benefits Specialists Limited Network GENERAL PRACTITIONERS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ali, Omar (Dr)	GP	Montrose Main Road, Chaguuanas	Central	doctoromaralioffice@gmail.com	665-7108
Coombs, Victor (Dr.)	GP	14 Endeavour Road, Chaguuanas	Central	ocovic1@gmail.com	671-4859
Dwarika, Krystle (Dr)	GP	#135 John Street, Montrose, Chaguuanas	Central	pathcaremedlab@gmail.com	665-7284
Maimungal, Vani (Dr)	GP	# 37 Southern Main Road, California, Couva	Central	medlifecentre@gmail.com	636-5492
Raimuniric, Justina (Dr)	GP	#135 John Street, Montrose, Chaguuanas	Central	pathcaremedlab@gmail.com	665-7284
Sampath, Sarah (Dr)	GP	Rodney Road, Endeavour, Chaguuanas	Central	drsampath2003@yahoo.com	483-4838
Freedom Medical Clinic Ltd- Dr. Sarah Ramnsaran-Ramkissoon / Dr. Joel Ramkissoon	GP	313-317 Balmain Village, Couva	Central	freedommedicalclinic@gmail.com	345-0346 387-8777
Dr. Amanda Lachhan / 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	jonthanmitcheil@freeportmedtt.com drdass@freeportmedtt.com	673-1069
Dr. Raveed Khan	GP	#7 Devertuile Street, Montrose, Chaguuanas	Central	raveed01@hotmail.com	356-8298

Dr. Ronda Sriharan 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 Qalitech 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

Total Benefits Specialists Limited Network SPECIALISTS					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Ramkisson, Ruth (Dr)	Anaesthetist	Health Net Caribbean Ltd/ CentraMed Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Bisram Mahabir (Dr)	Dermatologist	Health Net Caribbean Ltd/ CentraMed Caroni Savannah Road, Charleville Chaguanas	Central	bisrammahabir@hotmail.com	665-5568
Jurawan, Ricardo (Dr)	Gastroenterologist	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
De Freitas, Alan (Dr)	General Surgeon	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Jurawan, Ricardo (Dr)	Hepatologist	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Ali, Ronan (Dr)	Interventional Cardiologist	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Life Leaf Medical & Injury Clinic (Dr. Ahamad S. Mohammed)	Rehabilitationist/ Musculoskeletal Physician	53 Mission Road Freeport	Central	lifeleafmedical@gmail.com	673-2617
Sandy, Sherry (Dr)	Neurologist	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Chauharja-Singh, Patrick (Dr)	OBGYN	#135 John Street, Montrose, Chaguanas	Central	pathcaremedlab@gmail.com	665-7284
Gooding, Randall (Dr)	OBGYN	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Keith, Clifford (Dr)	OBGYN	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Ramroop, Stephen (Dr)	Orthopaedic Surgeon	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Zamora, Irma (Dr)	Plastic, Reconstructive and Maxillofacial Surgeon	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Schleich, Arno (Dr)	Specialist Plastic Surgeon / Peripheral Nerve Surgeon	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Ramsobhag, Krishan (Dr)	Urologist	Health Net Caribbean Ltd/ CentraMed - Caroni Savannah Road, Charleville Chaguanas	Central	info@hnci.co.tt	285-4625
Dr. Koomatje Ramsaroop / KVR Clinic of Internal Medicine	G.P-Internal Medicine	#41A Ramsaran Street, Chaguanas	Central	veraram2000@yahoo.com	740-1459

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@medicallassociatesst.info; customerservice@medicallassociatesst.info	223-6898

Total Benefits Specialists Limited Network LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Lab One Ltd	Laboratory	Xtra Commercial Centre 37 Eleanor Street, Chaguanas	Central	lab-onetech@hotmail.com	665-7168 491-9436
Path Care Medical Laboratory Limited	Laboratory	#135 John Street, Montrose, Chaguanas	Central	pathcaremedlab@gmail.com	665-7284
Victoria Laboratories	Laboratory	14 Endeavour Road, Chaguanas	Central	accounts@victorialaboratories.com	665-1928 636-4567

Total Benefits Specialists Limited Network SPECIALIST DIAGNOSTIC CENTRES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Inn Sight Imaging (Dr Christopher Cassim)	Diagnostic	#18 St Anthony's Park Cunupia Southern Main Road	Central	ddookran@hotmail.com	481-0576
Trinity Medical Centre (Dr. Narine Mack)	Diagnostic	11 Jerningham Junction Road, Charleville	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	Central	rcptcouv@hnci.co.tt	285-4641 / 5642
		Bldg #3 Lp#150 Chadee Lohar Road, Monroe Settlement, Cunupia		rcptcunp@hnci.co.tt	285-5642 / 4636
Purivo Dialysis Centre Company Ltd	Diagnostic	#1 Darling Street, St. Thomas Village, Chaguanas	Central	adminchaguanas@purivodialysisst.com	222-3239
Medi-Plus Clinic & Imaging Ltd	Diagnostic	Lp #103 Main Road, Balmain Village, Couva	Central	denna_ramlagan@hotmail.com mediplus@ramlaganholdings.com	236-4624

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	Optician	#8 Endeavour Road, Ankavilla Bldg, Chaguanas	Central	shaliz100@yahoo.com	610-3937
Optometrists Today	Optician	Grand Bazaar Centre City Mall, Chaguanas	Central	administration@optometriststoday.com	645-2329 672-2329
Value Optical	Optician	Mid Centre Mall, Chaguanas	Central	valueopticalcar@gmail.com	653-1000 672-7577 Ext5290
Unicomer Trinidad Ltd (Courts Optical)	Optician	#8 Chaguanas Main Road, Chaguanas	Central	nigel_pustam@unicomer.com	672-7577 Ext4850/51
		Calcutta Road No. 1 Freeport			
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 bhagansdrugscr@gmail.com	768-5106 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	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

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@hnci.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 LABORATORY SERVICES					
NAME	SPECIALITY	ADDRESS	ZONE	EMAIL ADDRESS	PHONE
Scarborough Medical Laboratory	Laboratory	Maharaj Building, Main Street, Scarborough	Tobago	sbmedlab@hotmail.com	639-6256

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	excellentsvisionoptometrists@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_pustan@unicomer.com	672-7577 Ext 5850/51

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

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: 27th July 2021