



**NHI Bahamas**

modern | affordable | accessible

**PRIMARY CARE**  
**BENEFITS**



[www.nhibahamas.gov.bs](http://www.nhibahamas.gov.bs)

# WHAT ARE MY BENEFITS?

*Under NHI Bahamas, Bahamians no longer have to worry about the cost of Primary Care when they need to access it. Primary Care covers a wide variety of disease prevention and treatment options. Primary Care visits, certain medications, pregnancy care and so much more are covered under your benefits, with no cost at point of service for all eligible persons.*



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## Non-medical Benefits Included

NHI Bahamas goes beyond medical services to ensure all Bahamians receive continuity of care. Your health care is coordinated by your Primary Care Provider, who you can choose from the private or public sector. NHI Bahamas helps you and your Primary Care Provider to take charge of your health.

### Maternity and infants | 0-24 MONTHS

Making sure you have comprehensive prenatal care is very important to ensure that mother and baby are healthy and stay that way. NHI Bahamas takes care of pregnant women and their babies. Under the Primary Care Benefits Package, pregnant women do not have to pay out of pocket for:

- Pregnancy tests
- Prenatal vitamins
- Primary Care visits
- Blood tests to learn your blood type and check for any diseases
- Ultrasounds to check the baby's growth and find out the sex
- Screening for some genetic characteristics such as Down syndrome

Once your baby is born, he or she is covered for Primary Care visits. This includes:

- Tests and measurements at birth
- Immunizations
- Regular check ups including hearing and vision screening

## Kids | 2-12 YEARS

Healthy kids are happy kids, and the NHI Bahamas Primary Care Benefits Package includes services to help keep your kids healthy. From 24 months to 12 years your children receive regular Primary Care visits for:

- Growth measurements
- Hearing and vision measurements
- Developmental screening
- Monitoring of teeth and fluoride to prevent tooth decay
- Tuberculosis testing
- Asthma care
- All required immunizations including: chicken pox, measles and booster shots

## Teenagers | 13-17 YEARS

*Did you know that the teenage years are often when persons form unhealthy habits?*



Under the NHI Bahamas Primary Care Benefits Package, teens can receive:

- Annual check ups
- Assessment of healthy lifestyle choices including: diet and exercise, safe sex and the risks of alcohol and tobacco use
- Mental health screening
- Testing for sexually transmitted infections
- Vaccinations

## Men | 18-49 YEARS



*Did you know that 21% of men engage in heavy drinking?*

Men have an elevated risk of developing certain illnesses including heart disease, diabetes, and prostate disease. The NHI Bahamas Primary Care Benefits Package helps with the prevention and management of these diseases:

- Monitoring and early detection of disease
- Annual prostate tests for men over the age of 40
- Medication for high blood pressure and high cholesterol
- Counselling on how to reduce risks of diseases like diabetes and alcoholism

## Women | 18-49 YEARS

Women have unique health care needs, with reproductive health and disease prevention at the centre. The NHI Bahamas Primary Care Benefits Package helps women take control of their health by providing:

- PAP smears
- Birth control medication and devices
- HPV vaccine
- Screening for breast and cervical cancer
- Pregnancy care

## Elderly | +50 YEARS

Adults over 50 receive additional benefits to ensure healthy aging. From medication to disease prevention and management, older Bahamians receive:

- Medication to control blood pressure, diabetes, arthritis and other issues
- Regular screening for dementia, depression, alcohol misuse and elder abuse
- Hormone therapy for women going through menopause

### Primary Care visits

Regular Primary Care visits are critical to ensuring you remain in good health. With NHI Bahamas Primary Care Benefits Package, regular Primary Care visits include:

- Annual physical examination
- Non-emergency medical care when you are sick



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## Diseases and Illnesses covered by NHI Bahamas

### Asthma

Asthma is a concern for persons of all ages. If poorly managed, asthma can result in a lower quality of life. If you think you or your child has asthma, the NHI Bahamas Primary Care Benefits Package covers:

- Testing of lung function
- Lung X-ray
- EKG of the heart
- If diagnosed, asthma medications such as inhalers and allergy drugs

### Cancer and cancer prevention

Cancer is one of the leading causes of death amongst Bahamians. Preventative measures, including regular screening, can help identify cancer at the early stages before it becomes more serious. The NHI Bahamas Primary Care Benefits Package covers:

- Specific tests that screen for prostate, breast and cervical cancers
- Blood tests to assess risks of developing cancer
- HPV vaccine
- High-risk HPV testing for women

## Diabetes

*Did you know that 1 in 4 Bahamians have elevated blood sugar levels that suggest they are at risk for diabetes?*



80% of Bahamians are overweight, which significantly increases the risk of developing diabetes. The NHI Bahamas Primary Care Benefits Package can help you prevent or manage diabetes through:

- Blood sugar testing
- At home glucose monitor
- Management assistance through regular Primary Care visits
- Essential medication such as Insulin

## Hypertension and high cholesterol

*Did you know that 16% of Bahamians aged 25-64 have high cholesterol and one third have high blood pressure?*



It is important to know how to prevent or manage these conditions. The NHI Bahamas Primary Care Benefits Package can help patients through:

- Counselling on healthy eating and exercise to lower risk
- Blood pressure and blood sugar testing
- Cholesterol screening
- Analysis of liver and kidney functions
- EKG to assess heart function



## Labs, diagnostic imaging and medication

With NHI Bahamas, eligible persons no longer have to pay out of pocket for certain lab tests or diagnostic imaging to find out if they are sick. This includes:

- Blood tests to check immune function, blood sugar, cholesterol, hormone levels and organ function
- Blood tests for HIV and blood disorders like sickle cell anemia
- Mammograms
- X-rays
- Ultrasounds
- Some medication provided at no cost

## Mental health

Too many Bahamians suffer with mental illness in silence. Left untreated, mental illness can negatively impact your quality of life. With the NHI Bahamas Primary Care Benefits Package you can receive:

- mental health assessment and referrals to a specialist
- certain medications



# WHAT'S NOT INCLUDED?

In the initial phase of NHI Bahamas coverage, only Primary Care is covered at no cost at point of service. This includes Primary Care visits, labs, diagnostic imaging and some medications prescribed by your Primary Care Provider.

It is important to know what is not covered in this phase:

- ✘ Any emergencies that bring you to the hospital like a heart attack, broken bone or severe illness
- ✘ Inpatient care while you're in the hospital
- ✘ Surgeries, chemo and radiation therapy
- ✘ Medical care provided by some specialists such as appointments with an eye doctor, dentist, physiotherapist, or oncologist
- ✘ Special maternity care for complex pregnancies
- ✘ Delivery of babies
- ✘ MRI and CT Scan
- ✘ Overseas care
- ✘ Rehabilitative care

Your Primary Care Provider might offer services that are both covered by the Primary Care Benefits Package and not covered. Over time, NHI Bahamas coverage will expand to include additional services, once other Health System Strengthening activities have advanced and the health care system is ready for full implementation.



**#NHIready**



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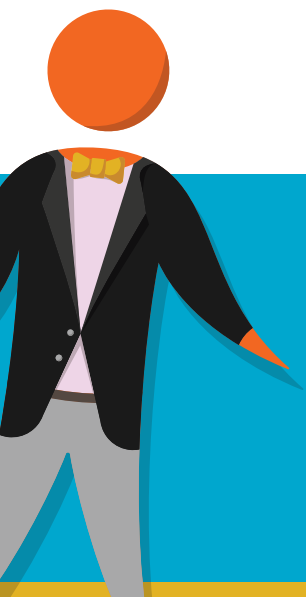
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FIND OUT MORE ABOUT YOUR  
**#NHIbenefits**

A detailed list of benefits can be found at

[www.nhibahamas.gov.bs](http://www.nhibahamas.gov.bs)

Call us at 242-396-8500



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