



2026

JAN | 01

SUN MON TUE WED THU FRI SAT

Stay Compliant; Support Your Team

Keep your business aligned with the Medical Benefits Scheme (MBS).

Challenge Yourself | Win Rewards!

1. Review payroll for employees turning 60 - identify anyone reaching age 60 to apply the correct contribution rates.
2. Adjust contribution rate - update rates to 2.5% for employees 60 to 69 and remember employers pay 0%.
3. Update payments and R3A submissions - stay current to avoid penalties and ensure uninterrupted coverage for staff.

Completed



Complete all 3 to qualify for monthly rewards.
Send photos/videos to publicrelations@mbs.gov.ag.



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Connect with us



Reminder: R3AS and contributions for last month are now due

"We  Care"
Medical Benefits
Scheme



FEB | 02

SUN	MON	TUE	WED	THU	FRI	SAT
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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Move More; Live More

Boost your fitness through MBS walks, rides, and wellness events.

Challenge Yourself | Win Rewards!

Completed

1. Register and participate in the MBS Heartbeat Walk and get ready for June and November fitness challenges.
2. Team up with a friend to complete 28,000 steps by February 28.
3. Set screen time limits for children and make outdoor play a daily priority.



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"We MB Care"
Medical Benefits Scheme



2026

MAR | 03

Get Your MBS Documents in Order—Act Today!

Keep your Medical Benefits Scheme (MBS) paperwork up to date for smooth and uninterrupted access to healthcare services, and remember that if you are self-employed, you must come in annually between October and December to declare or assess your earnings.

Challenge Yourself | Win Rewards!

1. Check your card - review the expiration date. If it's expired or nearing expiration, renew it promptly.
2. Apply for an authorization card - designate someone you trust to collect your medication when needed.
3. Ensure your MBS records are up to date, including your address, phone number, name changes, and business directors (if applicable).

Completed



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
WORLD WATER DAY						



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2026

APR | 04

Use Your Pharmacy Wisely

MBS pharmacies offer more than medication—they're a touchpoint for guidance. Talk to your pharmacist about any doubts you may have.

Challenge Yourself | Win Rewards!

- 1. Refill your or someone else's prescription 5-7 days before the last pill.
- 2. Speak to a pharmacist about medication side effects or interactions.
- 3. Prepare for the hurricane season by keeping your prescriptions and medications secured in a Ziploc® bag.

Completed

SUN MON TUE WED THU FRI SAT

			1	2	3 GOOD FRIDAY	4
5	6 EASTER MONDAY	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



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MBS Barbuda Screening



2026

MAY | 05

SUN MON TUE WED THU FRI SAT

Commit to Preventative Health

Start fresh—know your numbers and take control of your health!

Challenge Yourself | Win Rewards!

1. Attend a free MBS Public screening.
2. If you have not already, schedule your annual doctor's visit.
3. Practice mindfulness through relaxing activities like yoga, beach walks, reading, and getting 7-8 hours of sleep.

Completed



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3	4 LABOUR DAY	5	6	7	8	9
10	11	12	13	14	15	16
17 WORLD HYPERTENSION DAY	18	19	20	21	22	23
24	25 WHIT MONDAY	26	27	28	29	30
31						

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Scheme



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JUN | 06

Eat Smart; Live Better

Celebrate Caribbean Nutrition Month with us—4 weeks of better eating.

Challenge Yourself | Win Rewards!

1. Pick 1 day a week to prepare healthy meals/snacks. Try recipes from our MBS calendars on our website.
2. Try one new recipe each week featuring local and/or plant-based ingredients.
3. Schedule and keep a consultation with our nutrition team. Call 481-6326/email dgraham@mbs.gov.ag.

Completed

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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2026

JUL | 07

Support Public Health—Pay MBS on Time

Your monthly contributions to the Medical Benefits Scheme (MBS) help strengthen Antigua & Barbuda's healthcare system. Your commitment fuels better care for everyone.

Challenge Yourself | Win Rewards!

1. Register your business and yourself as self-employed.
2. Pay contributions on or by the 14th each month (for the previous month).
3. Use the online payment options to make your monthly contribution.

Completed



Complete all 3 to qualify for monthly rewards.
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SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Reminder: R3AS and contributions for last month are now due





2026

AUG | 08

SUN MON TUE WED THU FRI SAT

Claim Your Benefits

Submit receipts for doctors' visits and/or lab work, imaging, or diagnostic tests within three months of receiving the service.

Challenge Yourself | Win Rewards!

1. Submit original receipts - stamped PAID and with the correct names of you, and your doctor or provider.
2. Complete EFT form with MBS Customer Service for quick, secure, and hassle-free transfer of funds to your bank account.
3. Encourage a family member or friend to sign up for their claims refund to be sent to their bank account.

Completed



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[@medicalbenefitsscheme](mailto:publicrelations@mbs.gov.ag) | www.mbs.gov.ag



						1
2	3 CARNIVAL MONDAY	4 CARNIVAL TUESDAY	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Reminder: R3AS and contributions for last month are now due





PROSTATE CANCER

AWARENESS MONTH

2026

SEP | 09

Protect Your Prostate

Know. Check. Act!

Challenge Yourself | Win Rewards!

1. Learn your family history - talk to your relatives about any history of prostate or related cancers.
2. Wear BLUE each Friday to help spread awareness and join a walk or activity geared towards prostate cancer awareness.
3. Get screened and encourage a male friend, co-worker, or family member to do the same.

Completed

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SUN	MON	TUE	WED	THU	FRI	SAT
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		1	2	3	4	5
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6	7	8	9	10 NATIONAL DAY OF PRAYER	11	12
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13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29 WORLD HEART DAY	30			
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Reminder: R3AS and contributions for last month are now due

"We  Care"
Medical Benefits
Scheme

#GetScreened

2026

OCT | 10

Early Detection Saves Lives

Support breast cancer awareness month.

Challenge Yourself | Win Rewards!

1. Perform regular breast self-exam to know what is normal for you. Ask your doctor about whether a mammogram is right for you.
2. Join an education session – learn the facts about breast health.
3. Spread awareness - wear PINK in support of breast cancer on Fridays.

Completed

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SUN

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10
WORLD MENTAL
HEALTH DAY

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2026

NOV | 11

Reduce Sugary Drinks

Cut added-sugar to lower your diabetes risk.

Challenge Yourself | Win Rewards!

1. Swap soda for infused water – use fruits like lemon or cucumber.
2. Blend your own smoothie – use local fruits, veggies, and unsweetened dairy.
3. Clear out sugary drinks – stock your fridge with healthier options.

Completed

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Bonus Point! Register for the MBS fitness challenge.

Complete all 3 to qualify for monthly rewards.
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SUN	MON	TUE	WED	THU	FRI	SAT
1 INDEPENDENCE DAY	2 INDEPENDENCE DAY OBSERVED	3	4	5	6	7
8	9	10	11	12	13	14 WORLD DIABETES DAY
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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2026

DEC | 12

Plan Ahead for MBS Stock Count

MBS pharmacies close for stocktaking late December.

Challenge Yourself | Win Rewards!

- 1. Check your medication supply- ensure you have at least 2 weeks of supplies.
- 2. Review your prescription to ensure it is valid, including the number of refills and prescription dates.
- 3. Refill early - get prescriptions in by mid-December.

Completed

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
6	7	8	9 V.C. BIRD DAY	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 CHRISTMAS DAY	26 BOXING DAY
27	28	29	30	31		

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SAY YES TO
Better Living, Better Life

& WIN MONTHLY REWARDS!

2026
CALENDAR



*Scan to learn
more about us*



www.mbs.gov.ag
Publicrelations@mbs.gov.ag
+1 268 481-6200 | 481-MBS1 (6271)
P.O. Box 424, Nevis Street, St. John's, Antigua

MBS PHARMACY

HOURS

Nevis Street

T: 1 (268) 481-6366/7/8

Clare Hall

T: 1 (268) 481-6381

All Saints

T: 1 (268) 720-6424

Browne's Avenue

T: 1 (268) 481-6363/82

Gray's Farm

T: 1 (268) 481-6270

Bolans

T: 1 (268) 481-6278

Monday - Friday

8:00am - 3:00pm

Drop-off: 8:00am - 1:00pm

Pick-up: 8:00am - 3:00pm

Monday - Friday

8:00am - 3:00pm

Walk-in/same day service

Monday - Friday

8:00am - 12:00pm

Walk-in/same day service



CHECK YOUR MBS CARD

for its expiration date
and renew your card.

Call us:

481-6374/6371/2

"We **MB** Care"
Medical Benefits
Scheme



RATES OF CONTRIBUTIONS

Employers, for employees aged 60 but not yet 70...

Employer

3.5%

0%

of wages

Employees

3.5%

2.5%

of wages

Self-Employed, aged 60 but not yet 70...

Self-Employed

5%

2.5%

of earnings



**Contact the MBS Compliance Department
at 481-6240 for more information.**