



## Save the ER for emergencies. And you could save time and money.

### Walk-in centers can be a smart choice.

Emergency room (ER) wait times are at an all-time high, and ER visits could cost more than you think.<sup>1</sup> If it's not a true emergency, you can get quality care – and often be seen faster – at a walk-in center. Your costs are usually lower at these clinics, too.

#### Get care sooner.

The average wait time in a hospital emergency room is three hours – and many times care could have been handled in a walk-in center.<sup>2</sup> Wait times are usually much shorter at walk-in clinics. And they're often less crowded, more comfortable places.

#### Lower costs.

You'll pay a specialist copay at a walk-in center. To find your specific costs and coverage, call the number on the back of your member ID card.

#### Get the care you need.

Walk-in centers have the same types of nurses, doctor's assistants and doctors you'd see in an emergency room or at your doctor's office.

#### Make the smart choice when you need care quickly, but your life isn't in danger.

Most walk-in centers can treat problems like minor cuts and burns, sprains and strains, sports injuries, sore throats, earaches and the flu. Some places can give X-rays or run other tests on site, so they can let you know quickly if you need more specialized care.

#### You don't need an appointment or referral.

Your Anthem network includes many local walk-in centers. You can check the back of this sheet, call the number on the back of your member ID card or check the Provider Finder at [anthem.com](http://anthem.com) to find one close to you. Then just walk right in when you need urgent or after-hours care.

#### Let a nurse help you decide.

Not sure if you need urgent or emergency care? Call the **24/7 NurseLine at 800-607-3262** – anytime, day or night. Talk about your symptoms with a registered nurse who can help you decide which type of care makes the most sense.

#### Know the emergency rule of thumb.

Call 911 or go to the nearest emergency room if you think delaying care could put your health at serious risk.

See the back of this sheet to find a walk-in center near you.

<sup>1</sup> Centers for Disease Control and Prevention: *National Ambulatory Care Survey, August 2009* (January 2013); [cdc.gov](http://cdc.gov).  
<sup>2</sup> MSNBC: *Hospitals work to improve ER wait times* (January 2013); [msnbc.msn.com](http://msnbc.msn.com).

# Network walk-in centers

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Check this list for your nearest network walk-in center. Of course, this list could change. To get the latest list, go to [anthem.com](http://anthem.com) and click on **Find a Doctor**.

<b>Auburn</b>	
The Clinic at Walmart, 100 Mount Auburn Avenue	207-330-3900
<b>Augusta</b>	
Concentra, 219 Capitol Street, Suite 2	866-944-6046
Maine General Express Care, 15 Enterprise Drive	207-621-8880
<b>Bangor</b>	
Concentra, 34 Gilman Road	207-941-8300
Eastern Maine Medical Center's Walk-In Care Center, 915 Union Street, Suite 4	207-973-8030
Penobscot Community Health Center, 1012 Union Street, Suite 3	207-945-5247
Penobscot Community Health Center, 1068 Union Street	207-947-0147
<b>Belfast</b>	
Penobscot Community Health Center, 41 Wight Street	207-338-6900
<b>Berwick</b>	
Berwick Walk-In Care, 4 Dana Drive	207-698-6700
<b>Brewer</b>	
Penobscot Community Health Center, 735 Wilson Street	207-989-1567
<b>Brunswick</b>	
Mid Coast Walk-in Clinic, 22 Station Avenue, Suite 102	207-406-7500
<b>East Waterboro</b>	
Goodall Express, 10 Goodall Drive, Suite 900	207-490-7760
<b>Freeport</b>	
Freeport Medical Center, 42 Mallett Drive	207-865-3491
<b>Gorham</b>	
Mercy Express Care, 19 South Gorham Crossing	207-839-9101
<b>Houlton</b>	
Katahdin Valley Health Center, 59 Bangor Street	207-532-4782
<b>Jackman</b>	
Jackman Community Health Center, 376 Main Street	207-668-7755
<b>Kittery</b>	
MyHealth Walk-in Care, 35 Walker Street	207-439-4430
<b>Lewiston</b>	
Concentra, 59 East Avenue	866-944-6046
<b>Norway</b>	
Concentra, 176 Main Street	866-944-6046
<b>Old Town</b>	
Penobscot Community Health Center, 242 Brunswick Street	207-827-6128
<b>Porter</b>	
Sacopee Valley Health Center, 70 Main Street	207-625-8126
<b>Portland</b>	
Mercy Fore River Express Care, 175 Fore River Pkwy	207-553-6105
<b>Presque Isle</b>	
The Aroostook Medical Center, 23 North Street, Suite 2	207-760-9278
<b>Saco</b>	
Southern Maine Medical Center PrimeCare, 655 Main Street	207-294-5600
<b>South Portland</b>	
Concentra, 85 Western Avenue	866-944-6046
<b>Waterville</b>	
MGMC Express Care, 211 Main Street	207-877-3450
<b>Wells</b>	
York Hospital Walk-in Care, 114 Sanford Road	207-646-5211
<b>Westbrook</b>	
Mercy Express Care, 40 Park Road	207-857-8174
<b>Windham</b>	
Mercy Express Care, 409 Roosevelt Trail	207-893-0290
<b>Yarmouth</b>	
Mercy Express Care, 385 Route 1	207-535-1200

Hours and services could change, so it's a good idea to call before you go.