



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.¹ 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.² 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 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.

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

Network walk-in centers

Effective
June 2015

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 and click on **Find a Doctor**.

| | |
|---|--------------|
| Auburn | |
| St. Mary's Urgent Care, 791 Turner Street, Unit 2 | 207-330-3900 |
| Augusta | |
| Concentra, 219 Capitol Street, Suite 2 | 866-944-6046 |
| Maine General Express Care, 15 Enterprise Drive | 207-621-8880 |
| Bangor | |
| 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 |
| Berwick | |
| Berwick Walk-In Care, 4 Dana Drive | 207-698-6700 |
| Brewer | |
| Penobscot Community Health Center, 735 Wilson Street | 207-989-1567 |
| Brunswick | |
| Mid Coast Walk-in Clinic, 22 Station Avenue, Suite 102 | 207-406-7500 |
| East Waterboro | |
| Goodall Express, 10 Goodall Drive, Suite 900 | 207-490-7760 |
| Freeport | |
| Freeport Medical Center, 42 Mallett Drive | 207-865-3491 |
| Gorham | |
| Mercy Express Care, 19 South Gorham Crossing | 207-839-9101 |
| Houlton | |
| Katahdin Valley Health Center, 59 Bangor Street | 207-521-0022 |
| Jackman | |
| Jackman Community Health Center, 376 Main Street | 207-668-7755 |
| Kittery | |
| MyHealth Walk-in Care, 35 Walker Street | 207-439-4430 |
| Lewiston | |
| Concentra, 59 East Avenue | 866-944-6046 |
| Norway | |
| Concentra, 176 Main Street | 866-944-6046 |
| Old Town | |
| Penobscot Community Health Center, 242 Brunswick Street | 207-827-6128 |
| Porter | |
| Sacopee Valley Health Center, 70 Main Street | 207-625-8126 |
| Portland | |
| Mercy Fore River Express Care, 175 Fore River Pkwy | 207-553-6105 |
| Presque Isle | |
| The Aroostook Medical Center, 23 North Street, Suite 2 | 207-760-9278 |
| Saco | |
| Southern Maine Medical Center PrimeCare, 655 Main Street | 207-294-5600 |
| Scarborough | |
| ClearChoiceMD Urgent Care, 273 Payne Road | 207-618-9355 |
| South Paris | |
| Coughs-N-Sniffles Clinic, 4 Market Square, Suite 1 | 207-739-2873 |
| South Portland | |
| Concentra, 85 Western Avenue | 866-944-6046 |
| Waterville | |
| MGMC Express Care, 211 Main Street | 207-877-3450 |
| Wells | |
| York Hospital Walk-in Care, 114 Sanford Road | 207-646-5211 |
| Westbrook | |
| Mercy Express Care, 40 Park Road | 207-857-8174 |
| Windham | |
| Mercy Express Care, 409 Roosevelt Trail | 207-893-0290 |
| Yarmouth | |
| 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.