



# 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.

# Network walk-in centers

Effective  
September 1, 2013

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
Sunbury Walk-in Care, 133 Corporate Drive	207-942-7650
<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>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, 29 Winter 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>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.