



Only true emergencies belong in the ER

Walk-in centers are a smart choice for most care

According to the National Hospital Ambulatory Medical Care Survey about one-third of all emergency room (ER) visits are not true emergencies. That means you could wait longer for care. If it's not a true emergency you can get quality care at a lower cost -and often faster -at a walk-in center.²

What is a walk-in center?

They're doctor's offices or clinics that take patients without an appointment. They're usually open longer hours including evenings and weekends. That's why these centers are a smart choice when you need care quickly and can't get an appointment at your primary doctor's office or it's after regular business hours (usually 9 a.m. to 5 p.m.).

What kind of care can I get at a walk-in center? The doctors and nurses at these centers can help you with all kinds of things such as minor cuts and burns, sprains and strains, sports injuries, sore throats, earaches and the flu. Some centers do X-rays or run other tests on site and can let you know quickly if you need more specialized care.

How much does it cost to go to a walk-in center? ³ For most plans you'll pay a specialist copay. To find out your specific costs and what you're covered for, call the Customer Service number on your member ID card.



Anthem Blue Crossand Blue ShieldG the trade name of Anthem Health Plansof Marne. Inc. Independent licensee of the Blue Cross and Blue ShieldAssociation. ANTHEM a regteredtrademarkorAnthemInsurance Companies. Inc.The Bue Crossand Blue Shield namesand symbo are regretered mark-s of the Blue Crossand BlueShreldAssocration.

Do I need an appointment or a referral for a walk-in center? Nope.

Which walk-in center do I go to?

There are many walk-in centers in your Anthem health plan. Look on the back of this flier for a list of them. Find one close to you and put it in your phone for easy access when you need it. You also can find centers in your plan at anthem.com or through the Anthem Anywhere app. Just go to the Find a doctor section and follow the steps. Or, call the Customer Service phone number on your member ID card and we can help you out.

Still not sure if it's an emergency?

Let a nurse help you decide.

Here's the emergency rule of thumb: Call 911 or go to the nearest ER if you think delaying care could put your health at serious risk. If you're still not sure where to go for care, call 24/7 Nurseline at 1-800-607-3262. Registered nurses are available anytime day or night to help you decide.

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Walk in centers in your plan Effective June 2019

Check this list to find walk-in centers near you — before you need them. Just note, this list could change, so it's a good idea to call and make sure the center is still in the health plan and provides the services you need before you go there.

St. Marry's Urgent Care, 791 Turner Street Augusta Concentra, 219 Capitol Street Suite 2 1.866-944-6046 Maine General Express Care, 15 Enterprise Drive 207-621-8880 Bangor Concentra, 34 Gilman Road ConvenientMD LLC, 543 Broadway Eastern Maine Medical Center's Walk-In Care Center, 915 Union Street, Suite 4 1-207-947-8030 Penobscot Community Health Center, 1068 Union Street Penobscot Community Health Center, 1068 Union Street Penobscot Community Health Center, 1068 Union Street Penobscot Community Health Center, 53 Schoodic Drive 1-207-947-0147 Beffast Penobscot Community Health Center, 53 Schoodic Drive Penobscot Community Health Center, 735 Wilson Street Penobscot Community Penoper Street Penobscot Community Penoper Street Penobscot Community Penoper Street Penoper Medical Center, 23 Durham Road, Suite 201 Perseport Preeport Medical Center, 23 Durham Road, Suite 201 Perseport Preeport Medical Center, 25 Bangor Street Penoper Medical Center, 25 Durham Road, Suite 201 Perseport Medical Center, 26 Bangor Street Penoper Medical Center, 27 Independence Drive, Suite B Penoper Medical Center, 27 Independence Drive, Suite B Penoper Medical Center, 28 Fenoper Street Penoper Medical Center, 29 Independence Drive, Suite B Penoper Medical Center, 29 Independence Drive, Suite B Penoper Street Penoper Medical Center, 29 Independence Drive, Suite B Penoper Street Penoper Street Penoper Street Penoper Stre	Auburn	
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Old Town Penobscot Community Health Center, 242 Brunswick Street Porter Sacopee Valley Health Center, 70 Main Street Portland ConvenientMD LLC, 191 Marginal Way ConvenientMD LLC, 191 Marginal Way Mercy Fore River Express Care, 175 Fore River Pkwy Presque Isle The Aroostook Medical Center, 23 North Street, Suite 2 1-207-760-9278
Penobscot Community Health Center, 242 Brunswick Street Porter Sacopee Valley Health Center, 70 Main Street Portland ConvenientMD LLC, 191 Marginal Way Alercy Fore River Express Care, 175 Fore River Pkwy Presque Isle The Aroostook Medical Center, 23 North Street, Suite 2 1-207-827-6128 1-207-625-8126 1-207-625-8126 1-207-517-3838 1-207-517-3838 1-207-553-6105
Porter Sacopee Valley Health Center, 70 Main Street Portland ConvenientMD LLC, 191 Marginal Way Mercy Fore River Express Care, 175 Fore River Pkwy 1-207-553-6105 Presque Isle The Aroostook Medical Center, 23 North Street, Suite 2 1-207-760-9278
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Saco
Southern Maine Health Care, 655 Main Street 1-207-294-5600
Sanford
Sanford Care Center, 1474 Main Street 1-207-608-8425
Southern Maine Health Care, 25A June Street 1-207-490-7900
Scarborough
ClearChoiceMD Urgent Care, 273 Payne Road 1-207-618-9355
South Portland
Careall PC, 230 Waterman Drive 1-207-358-3188
Concentra, 85 Western Avenue 1-866-944-6046 Concentra, 400 Southborough Drive 1-207-761-1100
Concentra, 400 Southborough Drive 1-207-761-1100 Topsham
Maine Urgent Care LLC, 105 Topsham Fair Mall Rd, Suite 8 1-207-798-6333
Waterville
MGMC Express Care, 211 Main Street 1-207-877-3450
Wells
York Hospital Walk-in Care, 112-114 Sanford Road 1-207-646-5211 Westbrook
ConvenientMD LLC, 942 Main Street 1-207-517-3800 Mercy Express Care, 40 Park Road 1-207-857-8174
Windham
Mercy Express Care, 409 Roosevelt Trail 1-207-893-0290
Yarmouth 1 007 505 1 000
Mercy Express Care, 385 Route 1 1-207-535-1200
York
York Hospital Walk-in Care, 343 US RT 1 1-207-351-2600