



# 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.<sup>2</sup>

### 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? <sup>3</sup> 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.

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](http://anthem.com) or through the Sydney mobile 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.



Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. ANTHEM a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

1 National Hospital Ambulatory Medical Care Survey: 2013 Emergency Department Summary Tables. [https://www.cdc.gov/nchs/data/ahcd/nhamcs\\_emergency/2013\\_ed\\_web\\_tables.pdf](https://www.cdc.gov/nchs/data/ahcd/nhamcs_emergency/2013_ed_web_tables.pdf).

2 The content in this flier applies to members with their health plan through their employer (group plan). It does not apply if you got a health plan on your own (individual plan).

3 For members enrolled in an HSA-qualified consumer-driven health plan (CDHP), all services that are not for preventive care, apply to your out-of-pocket and percentage of the costs.

# Walk in centers in your plan

Effective January 2021

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.

<b>Auburn</b>	
St. Mary's Urgent Care, 791 Turner Street	1-207-330-3900
<b>Augusta</b>	
Concentra, 219 Capitol Street Suite 2	1-866-944-6046
Maine General Express Care, 15 Enterprise Drive	1-207-621-8880
<b>Bangor</b>	
Concentra, 34 Gilman Road	1-207-941-8300
ConvenientMD LLC, 543 Broadway	1-207-517-3838
Eastern Maine Medical Center's Walk-In Care Center, 915 Union Street, Suite 4	1-207-973-8030
Penobscot Community Health Center, 1012 Union Street	1-207-945-5247
Penobscot Community Health Care, 6 Telcom Drive	1-207-947-0147
<b>Belfast</b>	
Penobscot Community Health Center, 53 Schoodic Drive	1-207-338-6900
<b>Berwick</b>	
Berwick Walk-In Care, 4 Dana Drive	1-207-698-6700
<b>Brewer</b>	
Penobscot Community Health Center, 735 Wilson Street	1-207-989-1567
<b>Bridgton</b>	
N Bridgton Family Practice & Walk In Clinic, 14 Wyonegonic Road	1-207-647-9021
<b>Brunswick</b>	
Concentra, 11 Medical Center Drive	1-207-725-2697
ConvenientMD LLC, 193 Bath Road	1-207-424-2272
Mid Coast Walk-in Clinic, 22 Station Avenue, Suite 102	1-207-406-7500
<b>East Millinocket</b>	
MRH Walk-in Clinic, 87 Main Street	1-207-447-4700
<b>East Waterboro</b>	
SMHC Walk-in Care, 10 Goodall Drive	1-207-490-7760
<b>Ellsworth</b>	
ConvenientMD LLC, 235 High Street	1-207-412-5200
<b>Freeport</b>	
Freeport Medical Center, 23 Durham Road, Suite 201	1-207-865-3491
<b>Gardiner</b>	
MGMC Express Care, 5 Central Maine Xing	1-207-582-6608
<b>Gorham</b>	
Mercy Express Care, 19 South Gorham Crossing	1-207-839-9101
<b>Houlton</b>	
Katahdin Valley Health Center, 59 Bangor Street	1-207-521-0022
<b>Jackman</b>	
Jackman Community Health Center, 376 Main Street	1-207-668-7755
<b>Kennebunk</b>	
SMHC Walk-in Care, 2 Livewell Drive	1-207-467-6900
York Hospital Walk-in Care, 2 Independence Drive, Suite B	1-207-467-8074
<b>Kittery</b>	
MyHealth Walk-in Care, 35 Walker Street	1-207-439-4430

<b>Lewiston</b>	
Concentra, 59 East Avenue	1-866-944-6046
Maine Urgent Care LLC, 685 Sabattus Street	1-207-795-5050
<b>Lincoln</b>	
Health Access Network Inc, 175 W Broadway	1-207-794-6700
<b>Norway</b>	
Concentra, 176 Main Street	1-866-944-6046
<b>Old Town</b>	
Penobscot Community Health Center, 242 Brunswick Street	1-207-827-6128
<b>Porter</b>	
Sacopee Valley Health Center, 70 Main Street	1-207-625-8126
<b>Portland</b>	
ConvenientMD LLC, 191 Marginal Way	1-207-517-3838
<b>Presque Isle</b>	
The Aroostook Medical Center, 23 North Street, Suite 2	1-207-760-9278
<b>Saco</b>	
Southern Maine Health Care, 655 Main Street	1-207-294-5600
ConvenientMD LLC, 506 Main Street	1-207-571-7991
<b>Sanford</b>	
Sanford Care Center, 1474 Main Street	1-207-608-8425
Southern Maine Health Care, 25A June Street	1-207-490-7900
<b>Scarborough</b>	
ClearChoiceMD Urgent Care, 273 Payne Road	1-207-618-9355
<b>South Portland</b>	
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
<b>Topsham</b>	
Maine Urgent Care LLC, 105 Topsham Fair Mall Rd, Suite 8	1-207-798-6333
<b>Waterville</b>	
MGMC Express Care, 211 Main Street	1-207-877-3450
<b>Wells</b>	
York Hospital Walk-in Care, 112-114 Sanford Road	1-207-646-5211
<b>Westbrook</b>	
ConvenientMD LLC, 942 Main Street	1-207-517-3800
<b>Windham</b>	
Mercy Express Care, 409 Roosevelt Trail	1-207-893-0290
<b>York</b>	
York Hospital Walk-in Care, 343 US RT 1	1-207-351-2600