



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, sorethroats, 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 mart<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 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.

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² The content rithris fliverappliesto members/wild have their health planthroughtheiremployerla group plan). Itdoes not apply if you got a healthplan onyourl)llnlan individual plani.

³ Formemoorsenrolledinan HSA-sjualified consumer-Oriven coalthplan ICDHPI, all services that are not for preventive care app to your coilJctibleand percentage of the costs.

Walk in centers in your plan Eff

Effective July 2022

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. Mary's Urgent Care, 791 Turner Street 1-207-330-3900 Augusta 1-866-944-6046 Concentra, 219 Capitol Street Suite 2 1-866-944-6046 ConvenientMD LLC, 4 Whitten Road 1-207-621-8880 Maine General Express Care, 15 Enterprise Drive 1-207-621-8880 Bangor 1-207-941-8300 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 1-207-943-8030 Penobscot Community Health Center, 1012 Union Street 1-207-945-5247 Penobscot Community Health Center, 63 Schoodic Drive 1-207-947-0147 Berwick 1-207-947-0147 Berwick Walk-In Care, 4 Dana Drive 1-207-948-6900 Berwick Walk-In Care, 4 Dana Drive 1-207-698-6700 Brewick 1-207-898-1567 Bridgton 1-207-989-1567 Bridgton 1-207-898-1567 Bridgton Family Practice & Walk In Clinic, 14 Wyonegonic Road 1-207-467-9021 Brunswick 1-207-47-9021 Concentra, 11 Medical Center Drive 1-207-498-3476 East Millinocket 1-	Auburn	
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Mercy Express Care, 19 South Gorham Crossing 1-207-839-9101	Gorham	
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Houlton	Houlton	
Katahdin Valley Health Center, 59 Bangor Street 1-207-521-0022	Katahdin Valley Health Center, 59 Bangor Street	1-207-521-0022
Jackman	Jackman	
Jackman Community Health Center, 376 Main Street 1-207-668-7755	Jackman Community Health Center, 376 Main Street	1-207-668-7755
Kennebunk	·	
SMHC Walk-in Care, 2 Livewell Drive 1-207-467-6900	SMHC Walk-in Care, 2 Livewell Drive	1-207-467-6900
York Hospital, 2 Independence Drive, Suite B 1-207-467-8074	York Hospital, 2 Independence Drive, Suite B	1-207-467-8074

Kittery	
MyHealth Walk-in Care, 35 Walker Street	1-207-439-4430
Lewiston	
Concentra, 59 East Avenue	1-866-944-6046
Maine Urgent Care LLC, 685 Sabattus Street	1-207-795-5050
Lincoln	
Health Access Network Inc, 175 W Broadway	1-207-794-6700
Norway	
Concentra, 176 Main Street	1-866-944-6046
Old Town	
Penobscot Community Health Center, 242 Brunswick Street	1-207-827-6128
Porter	
Sacopee Valley Health Center, 70 Main Street	1-207-625-8126
Portland	
ConvenientMD LLC, 191 Marginal Way	1-207-517-3838
Presque Isle	
The Aroostook Medical Center, 23 North Street, Suite 2	1-207-760-9278
Saco	
Southern Maine Health Care, 655 Main Street	1-207-294-5600
ConvientMD LLC, 506 Main Street	1-207-571-7991
Sanford	
Sanford Care Center, 1474 Main Street	1-207-608-8425
ConvenientMD LLC, 1410 Main Street	1-207-850-5744
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
Topsham	4
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
Inland Hospital Walk-in Care, 174 Kennedy Memorial Drive	1-207-861-6140
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York Hospital Walk-in Care, 112-114 Sanford Road Westbrook	1-207-646-5211
	1 207 517 2000
ConvenientMD LLC, 942 Main Street	1-207-517-3800 1-207-857-8174
Mercy Express Care, 40 Park Road Windham	1-201-001-0114
	1-207-893-0290
Mercy Express Care, 409 Roosevelt Trail York	1-201-033-0230
	1 207 254 2600
York Hospital Walk-in Care, 343 US RT 1	1-207-351-2600