

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

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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	
CMMC Urgent Care, 593 Center Street	207-782-2004
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	
SMHC Walk-in Care, 10 Goodall Drive, Suite 900	207-490-7760
Freeport	
Freeport Medical Center, 23 Durham Road, Suite 201	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
Kennebunk	
SMHC Walk-in Care, 2 Livewell Drive	207-467-6900
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 Health Care, 655 Main Street	207-294-5600
Sanford	
Southern Maine Health Care, 25A June Street	207-490-7900
Scarborough	
ClearChoiceMD Urgent Care, 273 Payne Road	207-618-9355
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
York	
York Hospital Walk-in Care, 343 US RT 1	207-351-2600

Hours and services could change, so it's a good idea to call before you go.