



**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 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

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Check this list for your nearest network walk-in center. Of course, this list could change. Use the Provider Finder at [anthem.com](http://anthem.com) to find the most up-to-date listings.

<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
<b>Bangor</b>	
Concentra, 34 Gilman Road	207-941-8300
<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>Lewiston</b>	
Concentra, 59 East Avenue	866-944-6046
<b>Old Town</b>	
Penobscot Community Health Center, 242 Brunswick Street	207-827-6128
<b>Portland</b>	
Concentra, 1600 Congress Street	866-944-6046
<b>Presque Isle</b>	
The Aroostook Medical Center, 23 North Street, Suite 2	207-760-9278
<b>Waterville</b>	
MGMC Express Care, 211 Main Street	207-877-3450
The Clinic at Walmart, 80 Waterville Commons Drive	207-680-2110
Urgent Care of Maine, 325C Kennedy Memorial Drive	207-873-3961
<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.