



Walk In Centers

A Smart Choice for Care



What is a walk-in center?

They're doctor's offices or clinics that take patients without an appointment. They are 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 their regular business hours.

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.

Which walk-in center do I go to?

There are many in-network walk-in centers covered by your health plan, and there is a listing of them on the back of this flyer. 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. Just go to the Find Care section and follow the steps. The list is also available at www.mmeht.org.

How much does it cost to go to a walk-in center or urgent care facility?

The copay at an in-network walk-in center or urgent care facility is equal to your specialist co-pay and much less than an emergency room copay. To find out your specific costs and what you're covered for, call the Maine Municipal Employees Health Trust at 1-800-852-8300. Member Services Representatives are available Monday through Friday from 8:00 a.m. to 4:30 p.m.

Not sure if it's an emergency?

The emergency rule of thumb is to 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, let a nurse help you decide. You can call the 24/7 Nurseline anytime day or night at 1-800-337-4770.

MMEHT Member Services: 1-800-852-8300

In-Network Walk In Centers in Maine

Contact the Health Trust member services department at 1-800-852-8300 to confirm the center is still in-network.

Auburn

ConvenientMD LLC, 590 Center St.
207-955-5565
St. Mary's Urgent Care, 791 Turner Street
207-330-3900

Augusta

Concentra, 219 Capitol Street, Suite 2
866-944-6046
Convenient MD LLC, 4 Whitten Rd.
207-466-2400
Maine General Express Care
15 Enterprise Drive
207-621-8880

Bangor

Concentra, 34 Gilman Road
207-941-8300
ConvenientMD LLC, 543 Broadway
207-517-3838
Eastern Maine Medical Center's Walk-In
Care Center, 915 Union Street, Suite 4
207-973-8030

Belfast

ConvenientMD, LLC, 18 Belmont Ave.
207-607-5270

Berwick

Berwick Walk-In Care, 4 Dana Drive
207-698-6700

Bridgton

N Bridgton Family Practice & Walk In Clinic
14 Wyonegonic Road
207-647-9021

Brunswick

Concentra, 11 Medical Center Drive
207-725-2697
ConvenientMD LLC, 193 Bath Road
207-424-2272
Mid Coast Walk-in Clinic
22 Station Avenue
207-406-7500

Caribou

Northern Light Walk-In Care
118 Bennett Dr.
207-498-3476

East Waterboro

MaineHealth Walk-In Care, 10 Goodall Dr.
207-490-7760

Ellsworth

ConvenientMD LLC, 235 High Street
207-412-5200

Freeport

Freeport Medical Center,
23 Durham Road, Suite 201
207-865-3491

Gardiner

MGMC Express Care
5 Central Maine Crossing
207-582-6608

Gorham

Mercy Express Care
19 South Gorham Crossing
207-839-9101

Gray

Gray Urgent Care
6 Turnpike Acres Road, Unit 2
207-657-1165

Houlton

Katahdin Valley Health Center
59 Bangor Street
207-521-0022

Jackman

Jackman Community Health Center
376 Main St
207-668-7755

Kennebunk

MaineHealth Walk-in Care, 2 Livewell Dr.
207-467-6900

Kittery

MyHealth Walk-in Care, 35 Walker Street
207-439-4430

Lewiston

Concentra, 59 East Avenue
866-944-6046

Lincoln

Health Access Network Inc.
175 West Broadway
207-794-6700

Millinocket

MRH Walk In Care, 200 Somerset St.
207-723-3330

Norway

Concentra, 176 Main Street
866-944-6046

Oxford

Concentra, 1570 Main Street Suite 3
207-743-7399

Porter

Sacopee Valley Health Center
70 Main Street
207-625-8126

Portland

Convenient MD LLC, 191 Marginal Way
207-517-3838

Presque Isle

Northern Light Walk-In Care
23 North Street, Suite 2
207-760-9278

Saco

Convenient MD LLC, 506 Main Street
207-571-7991
Southern Maine Health Care
655 Main Street
207-294-5600

Sanford

Sanford Care Center, 1474 Main Street
207-608-8425
Convenient MD, LLC, 1420 Main Street
207-850-5744
Southern Maine Health Care, 25A June St.
207-490-7900

Scarborough

ClearChoiceMD Urgent Care, 273 Payne Rd
207-618-9355

South Portland

AFC Urgent Care, 230 Waterman Drive
207-358-3188
Concentra, 400 Southborough Drive
207-761-1100
Concentra, 85 Western Avenue
866-944-6046

Waterville

MGMC Express Care, 211 Main Street
207-877-3450
Inland Hospital Walk-In Care
174 Kennedy Memorial Dr.
207-861-6140

Wells

York Hospital Walk-in Care
114 Sanford Rd.
207-646-5211

Westbrook

ConvenientMD LLC, 950 Main Street
207-517-3800
Mercy Express Care, 40 Park Rd
207-857-8174

Windham

Mercy Express Care
409 Roosevelt Trail
207-893-0290

York

York Hospital Walk-in Care
343 US RT 1
207-351-2600

In-Network Hospital Based Urgent Care Facilities:

Boothbay Harbor

St. Andrew's Urgent Care
6 St. Andrew's Street
207-633-2121

Portland

Maine Medical Center Urgent Care
335 Brighton Avenue
207-222-7081