



# 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](http://anthem.com). Just go to the Find Care section and follow the steps. The list is also available at [www.mmeht.org](http://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.  
 1-207-955-5565  
 St. Mary's Urgent Care, 791 Turner Street  
 1-207-330-3900

### **Augusta**

Concentra, 219 Capitol Street Suite 2  
 1-866-944-6046  
 ConvenientMD LLC, 4 Whitten Rd.  
 1-207-466-2400  
 Maine General Express Care,  
 15 Enterprise Drive  
 1-207-621-8880

### **Bangor**

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 St  
 1-207-945-5247  
 Penobscot Community Health Center,  
 6 Telcom Drive  
 1-207-947-0147

### **Belfast**

Penobscot Community Health Center,  
 53 Schoodic Dr.  
 1-207-338-6900

### **Berwick**

Berwick Walk-In Care, 4 Dana Drive  
 1-207-698-6700

### **Brewer**

Penobscot Community Health Center,  
 735 Wilson Street  
 1-207-989-1567

### **Bridgton**

N Bridgton Family Practice & Walk-In Clinic,  
 14 Wyonegonic Road  
 1-207-647-9021

### **Brunswick**

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

### **Caribou**

Aroostook Medical Center,  
 118 Bennett Dr, Suite 130  
 1-207-498-3476

### **East Millinocket**

MRH Walk-in Clinic, 87 Main St  
 1-207-447-4700

### **East Waterboro**

SMHC Walk-In Care, 10 Goodall Drive  
 1-207-490-7760

### **Ellsworth**

ConvenientMD LLC, 235 High Street  
 1-207-412-5200

### **Freeport**

Freeport Medical Center,  
 23 Durham Road, Suite 201  
 1-207-865-3491

### **Gardiner**

MGMC Express Care, 5 Central Maine Xing  
 1-207-582-6608

### **Gorham**

Mercy Express Care,  
 19 South Gorham Crossing  
 1-207-839-9101

### **Gray**

Gray Urgent Care LLC, 6 Turnpike Acres Rd,  
 Unit 2  
 1-207-657-1165

### **Houlton**

Katahdin Valley Health Center,  
 59 Bangor Street  
 1-207-521-0022

### **Jackman**

Jackman Community Health Center,  
 376 Main St  
 1-207-668-7755

### **Kennebunk**

SMHC Walk-in Care, 2 Livewell Drive  
 1-207-467-6900

### **Kittery**

MyHealth Walk-in Care, 35 Walker Street  
 1-207-439-4430

### **Lewiston**

Concentra, 59 East Avenue  
 1-866-944-6046

### **Lincoln**

Health Access Network Inc,  
 175 West Broadway  
 1-207-794-6700

### **Norway**

Concentra, 176 Main Street  
 1-866-944-6046

### **Old Town**

Penobscot Community Health Ct  
 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**

Convenient MD LLC, 506 Main Street  
 1-207-571-7991  
 Southern Maine Health Care,  
 655 Main Street  
 1-207-294-5600

### **Sanford**

ConvenientMD LLC, 1420 Main St.  
 1-207-850-5744  
 Sanford Care Center, 1474 Main Street  
 1-207-608-8425  
 Southern Maine Health Care, 25A June St.  
 1-207-490-7900

### **Scarborough**

ClearChoiceMD Urgent Care, 273 Payne Rd  
 1-207-618-9355

### **South Portland**

Careall PC, 230 Waterman Drive  
 1-207-358-3188  
 Concentra, 400 Southborough Drive  
 1-207-761-1100  
 Concentra, 85 Western Avenue  
 1-866-944-6046

### **Waterville**

MGMC Express Care, 211 Main Street  
 1-207-877-3450  
 Inland Hosp Walk-In-Care,  
 174 Kennedy Memorial Drive  
 1-207-861-6140

### **Wells**

York Hospital Walk-in Care,  
 112-114 Sanford Rd.  
 1-207-646-5211

### **Westbrook**

ConvenientMD LLC, 950 Main Street  
 1-207-517-3800  
 Mercy Express Care, 40 Park Rd  
 1-207-857-8174

### **Windham**

Mercy Express Care, 409 Roosevelt Trail  
 1-207-893-0290

### **York**

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

### **In-Network Urgent Care Facilities:**

#### **Boothbay Harbor**

St. Andrew's Urgent Care  
 6 St. Andrew's Street  
 1-207-633-2121

#### **Portland**

Maine Medical Center Urgent Care  
 335 Brighton Avenue  
 1-207-222-7081