



# Know where to go when you need care

## Walk-in care centers are a smart choice for most nonemergencies

When you need routine care, a primary care provider should be your first choice, while going to the emergency room (ER) or calling 911 is always your best option for emergencies. When you need care right away but don't think your life is in danger, you can use a walk-in care center.

Walk-in care centers are doctor's offices or clinics that take patients without an appointment or referral. They're usually open extended hours, including evenings and weekends.

## Conditions treated

The doctors and nurses at walk-in care centers can treat a wide range of conditions, such as:

- Allergies
- Cold and flu symptoms
- Ear and eye infections
- Minor cuts and burns
- Sinus issues
- Sore throats
- Sports injuries
- Sprains and strains

Some centers provide on-site X-rays and tests to quickly find out if you need more specialized care.

## What it costs

For most health plans, you'll pay a specialist copay. To find out your specific costs and what's covered, call the Customer Service number on your health plan ID card.

## Find a location near you

There are many walk-in care centers in your Anthem health plan's network. A complete list is available on the following page. You can also access a list of locations using the [Sydney<sup>SM</sup> Health](#) app or [anthem.com](#).



### We are here to help

If you're not sure where to go for care, call our 24/7 NurseLine at 800-607-3262.

## Walk-in care centers in your plan

For the most up-to-date list of care providers, use the [Sydney Health](#) app or visit [anthem.com](#).

| City                  | Walk-in care center                             | Address                       | Phone number |
|-----------------------|---|-------------------------------|--------------|
| <b>Auburn</b>         | ConvenientMD                                    | 590 Center Street             | 207-955-5565 |
| <b>Auburn</b>         | St. Mary's Urgent Care                          | 791 Turner Street             | 207-330-3900 |
| <b>Augusta</b>        | Concentra                                       | 219 Capitol Street, Suite 2   | 866-944-6046 |
| <b>Augusta</b>        | ConvenientMD                                    | 4 Whitten Road                | 207-466-2400 |
| <b>Augusta</b>        | MaineGeneral Express Care                       | 15 Enterprise Drive           | 207-621-8880 |
| <b>Bangor</b>         | Concentra                                       | 34 Gilman Road                | 207-941-8300 |
| <b>Bangor</b>         | ConvenientMD                                    | 543 Broadway                  | 207-517-3838 |
| <b>Belfast</b>        | ConvenientMD                                    | 18 Belmont Ave                | 207-607-5270 |
| <b>Berwick</b>        | Berwick Walk-In Care                            | 4 Dana Drive                  | 207-698-6700 |
| <b>Bridgton</b>       | North Bridgton Family Practice & Walk-In Clinic | 14 Wyonegonic Road            | 207-647-9021 |
| <b>Brunswick</b>      | Concentra                                       | 11 Medical Center Drive       | 207-725-2697 |
| <b>Brunswick</b>      | ConvenientMD                                    | 193 Bath Road                 | 207-424-2272 |
| <b>Brunswick</b>      | Mid Coast Walk-In Clinic                        | 22 Station Avenue             | 207-406-7500 |
| <b>Caribou</b>        | Northern Light Walk-In Care                     | 118 Bennett Drive             | 207-498-3476 |
| <b>East Waterboro</b> | MaineHealth Walk-In Care                        | 10 Goodall Drive              | 207-490-7760 |
| <b>Ellsworth</b>      | ConvenientMD                                    | 235 High Street               | 207-412-5200 |
| <b>Freeport</b>       | Freeport Medical Center                         | 23 Durham Road, Suite 201     | 207-865-3491 |
| <b>Gardiner</b>       | MGM Express Care                                | 5 Central Maine Crossing      | 207-582-6608 |
| <b>Gorham</b>         | Mercy Express Care                              | 19 South Gorham Crossing      | 207-839-9101 |
| <b>Gray</b>           | Gray Urgent Care                                | 6 Turnpike Acres Road, Unit 2 | 207-657-1165 |
| <b>Houlton</b>        | Katahdin Valley Health Center                   | 59 Bangor Street              | 207-521-0022 |
| <b>Jackman</b>        | Jackman Community Health Center                 | 376 Main Street               | 207-668-7755 |
| <b>Kennebunk</b>      | MaineHealth Walk-In Care                        | 2 Livewell Drive              | 207-467-6900 |
| <b>Kittery</b>        | MyHealth Walk-In Care                           | 35 Walker Street              | 207-439-4430 |
| <b>Lewiston</b>       | Concentra                                       | 59 East Avenue                | 866-944-6046 |
| <b>Lincoln</b>        | Health Access Network                           | 175 West Broadway             | 207-794-6700 |
| <b>Millinocket</b>    | MRH Walk-In Care                                | 200 Somerset Street           | 207-723-3330 |
| <b>Norway</b>         | Concentra                                       | 176 Main Street               | 866-944-6046 |
| <b>Oxford</b>         | Concentra                                       | 1570 Main Street, Suite 3     | 207-743-7399 |
| <b>Patten</b>         | Katahdin Valley Health Center                   | 30 Houlton Street             | 207-538-3700 |
| <b>Porter</b>         | Sacopee Valley Health Center                    | 70 Main Street                | 207-625-8126 |
| <b>Portland</b>       | ConvenientMD                                    | 191 Marginal Way              | 207-517-3838 |
| <b>Portland</b>       | MaineHealth Maine Medical Center                | 22 Bramhall Street            | 207-661-3280 |
| <b>Presque Isle</b>   | Northern Light Walk-In Care                     | 23 North Street, Suite 2      | 207-760-9278 |
| <b>Saco</b>           | Southern Maine Health Care                      | 655 Main Street               | 207-294-5600 |
| <b>Saco</b>           | ConvenientMD                                    | 506 Main Street               | 207-571-7991 |
| <b>Sanford</b>        | Sanford Care Center                             | 1474 Main Street              | 207-608-8425 |
| <b>Sanford</b>        | ConvenientMD                                    | 1420 Main Street              | 207-850-5744 |
| <b>Sanford</b>        | Southern Maine Health Care                      | 25A June Street               | 207-490-7900 |
| <b>Scarborough</b>    | ClearChoiceMD Urgent Care                       | 273 Payne Road                | 207-618-9355 |
| <b>South Portland</b> | AFC Urgent Care                                 | 230 Waterman Drive            | 207-358-3188 |
| <b>South Portland</b> | Concentra                                       | 85 Western Avenue             | 866-944-6046 |
| <b>South Portland</b> | Concentra                                       | 400 Southborough Drive        | 207-761-1100 |
| <b>Waterville</b>     | Northern Light Walk-in Care                     | 174 Kennedy Memorial Drive    | 207-861-6140 |
| <b>Waterville</b>     | MaineGeneral Express Care                       | 211 Main Street               | 207-877-3450 |
| <b>Wells</b>          | York Hospital Walk-In Care                      | 114 Sanford Road              | 207-646-5211 |
| <b>Westbrook</b>      | ConvenientMD                                    | 950 Main Street               | 207-517-3800 |
| <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>York</b>           | York Hospital Walk-In Care                      | 343 US Route 1                | 207-351-2600 |

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.