

## 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

Effective  
January 1, 2012

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.

## 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
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## Berwick

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

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

Mid Coast Walk-in Clinic, 22 Station Avenue, Suite 102	207-406-7500
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## East Waterboro

Goodall Express, 10 Goodall Drive, Suite 900	207-490-7760
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## Freeport

Freeport Medical Center, 42 Mallett Drive	207-865-3491
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## Gorham

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

Katahdin Valley Health Center, 59 Bangor Street	207-532-4782
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## Lewiston

Concentra, 59 East Avenue	866-944-6046
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## Norway

Concentra, 29 Winter Street	866-944-6046
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## Old Town

Penobscot Community Health Center, 242 Brunswick Street	207-827-6128
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## Portland

Concentra, 1600 Congress Street	866-944-6046
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## Presque Isle

The Aroostook Medical Center, 23 North Street, Suite 2	207-760-9278
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## Waterville

MGMC Express Care, 211 Main Street	207-877-3450
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The Clinic at Walmart, 80 Waterville Commons Drive	207-680-2110
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Urgent Care of Maine, 325C Kennedy Memorial Drive	207-873-3961
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## Westbrook

Mercy Express Care, 40 Park Road	207-857-8174
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## Windham

Mercy Express Care, 409 Roosevelt Trail	207-893-0290
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## Yarmouth

Mercy Express Care, 385 Route 1	207-535-1200
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Hours and services could change, so it's a good idea to call before you go.