

# Need care right away? Walk right in!

## Check out the list of walk-in centers and urgent care centers near you.

Now you can take care of 'minor' emergencies without going to the emergency room (ER). A walk-in or urgent care center offers the necessary care without the hassle and expense of an ER visit.

### A walk-in or urgent care center can save time.

Choosing a center to treat injuries or illnesses such as minor cuts, earaches, sprains or flu, helps you save time and still get quality care. Since ER waits are longer than ever,<sup>1</sup> if you need non-emergency care, choose the place where you can wait less when you walk in. Most walk-in and urgent care centers are open 12 hours a day and many offer weekend hours.

### You could save money, too.

Because of staffing and equipment needs, care in an emergency department is expensive, which could mean higher out-of-pocket costs for you. Going to a walk-in or urgent care center could mean a lower copay. For specific cost and benefit information, call the phone number on the back of your member ID card.

## More reasons to go to a walk-in or urgent care center instead of an ER.

- Same types of doctors and medical professionals you'd find in an ER
- More comfortable environment
- No appointment or referral needed



## Walk-in and urgent care centers can handle:

- Earaches
- Flu
- Minor cuts and burns
- Sore throats
- Sports injuries
- Sprains and strains
- Other non-life-threatening problems



Health · Dental · Vision · Life · Disability

<sup>1</sup> Centers for Disease Control and Prevention, National Ambulatory Care Survey, August 2008.

## Find your nearest walk-in and urgent care centers

Check the list below for your nearest centers. Please note that this list is likely to change. For the most updated listing, call the number on the back of your Anthem ID card and speak to a customer service representative.

### Urgent care centers

#### Concord

Concord Hospital Walk-in Urgent Care at Horseshoe Pond, 60 Commercial Street  
603-230-1200

#### Lee

Wentworth-Douglass Hospital Walk-in Urgent Care at Lee, Professional Center  
65 Calef Highway, 603-868-8507

#### Londonderry

Elliot Urgent Care at Londonderry  
40 Buttrick Road, 603-552-1550

#### Manchester

Elliot Urgent Care at River's Edge  
185 Queen City Avenue, 603-663-7227

### Walk-in centers

#### Barrington

Barrington Walk-In Center  
425 Route 125, 603-664-0955

#### Bedford

Urgent Care at Bedford Medical Park  
5 Washington Place, 603-314-4567

#### Concord

Concentra  
1 Pillsbury Street, 603-223-2300

#### Conway

Conway Walk in  
7 Greenwood Avenue, 603-447-3500

#### Exeter

Access Walk-In Injury Clinic  
1 Hampton Road, 603-775-7750

#### Lawrence, MA

Merrimack Medical and Walk In Center  
25 Marston Street, 3rd Floor, 978-688-3100

#### Manchester

- Bedford Occupational and Acute Care  
One Highlander Way, 603-626-2622
- Concentra  
1279 South Willow Street, 603-644-3330

#### Nashua

- Concentra  
14A Broad Street, 603-889-2354
- Healthstop  
228 Daniel Webster Highway, 603-888-9200

#### North Conway

MWV Health Care  
3073 White Mountain Highway, 603-356-5472

#### Sanbornville

White Mountain Medical Center  
2531 White Mountain Highway, Suite A, 603-522-0186

#### Somersworth

Seacoast Redicare  
396 High Street, 603-692-6066

#### Waterville Valley

Crane Clinic/Waterville Valley Ski Clinic  
1 Ski Area Drive, 603-236-8311, (ext. 3167)  
*This facility is open only during winter ski season.*

### Coming in December 2012!

#### Windham

Convenient MD Urgent Care  
125 Indian Rock Road, 603-890-6330

## Need help deciding where to go?

Call 24/7 NurseLine at 800-607-3262 and speak to an experienced registered nurse, at any time, around the clock. You can discuss your symptoms and get help making a decision on whether you need care and, if so, the best place to get it.

Call 911 or go to the emergency room if you think delaying care could put your health at serious risk.