

## Quick guide to locations and services

You can take care of "minor" injuries or illnesses such as small cuts, earaches, sprains, a cough, a cold or the flu without going to the emergency room (ER) — and save time and money. When you can't see your doctor right away, or if your doctor's office is closed, you can choose from a walk-in doctor's office, an urgent care center or a retail health clinic.\* Most are open weeknights and weekends.

This quick guide shows you the location of each type of facility; and an "X" in the column shows which type of services they offer. These choices have different services and copays, so please call and ask before you go.

\* If you are an HMO member, you should call your primary care doctor's office or medical group to find out your ER alternatives for urgent care.



## Choose a care option that could save you time and money

- Walk-in doctor's office You don't have to be a current patient or have an appointment. This type of office handles mostly routine care and common family illnesses.
- Urgent care center These centers are staffed by doctors who treat health problems that should be looked at right away but aren't as serious as emergencies.
   They can often do X-rays, lab tests and stitches.
- Retail health clinic It's staffed by health care experts
  who give basic health care services to "walk-in" patients.
  Most often it's found in a major pharmacy or retail store.

Remember, you have choices. If it's not an emergency, you can also call our 24/7 NurseLine. The nurse on the phone can help you decide what to do next. The phone number for 24/7 NurseLine is on your ID card (or you can contact Customer Service for assistance).



Facility	Sprains, strains	Animal bites	X-rays	Stitches	Mild asthma	Minor headaches	Back pain	Nausea, vomiting, diarrhea	Minor allergic reactions	Coughs, sore throat	Bumps, cuts, scrapes	Rashes, minor burns	Minor fevers, colds	Ear or sinus pain	Mild urinary symptoms	Eye swelling, irritation, redness or pain	Vaccinations**
Walk-in Centers																	
Barrington Barrington Walk-In Center 426 Calef Highway 603-664-0955	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Bedford Urgent Care at Bedford Medical Park 5 Washington Place 603-314-4567	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Bedford Convenient MD Urgent Care 3 Nashua Rd 603-472-6700	х	х	х	х	х	х	х	Х	х	х	х	х	х	х	х	Х	х
Belmont ClearChoice MD 96 Daniel Webster Highway Belknap Mall 603-267-0656	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х
Berwick, ME Berwick Walk-In Care 4 Dana Drive 207-698-6700	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	Х	х
Concord Concentra 1 Pillsbury Street 603-223-2300	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Concord Convenient MD Urgent Care 8 Loudon Rd 603-226-9000	х	х	х	х	х	х	х	Х	х	х	х	х	х	х	х	X	х
Conway Conway Walk-in 7 Greenwood Avenue 603-447-3500	х	х	x	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Dover Convenient MD Urgent Care 19 Webb Place 603-742-7900	х	х	X	х	х	Х	х	х	х	х	х	х	х	х	х	X	х
Exeter Access Walk-In Injury Clinic 1 Hampton Road 603-775-7750	х	х	X	х	х	Х	х	х	х	х	х	х	х	х	х	X	х
Keene Cheshire Health Services 580 Court Street 603-354-5406	х	х	X	х	х	Х	х	х	х	х	х	х	х	х	х	X	х

Facility	Sprains, strains	Animal bites	X-rays	Stitches	Mild asthma	Minor headaches	Back pain	Nausea, vomiting, diarrhea	Minor allergic reactions	Coughs, sore throat	Bumps, cuts, scrapes	Rashes, minor burns	Minor fevers, colds	Ear or sinus pain	Mild urinary symptoms	Eye swelling, irritation, redness or pain	Vaccinations**
Keene ClearChoice MD 448 West Street, Unit 4 603-876-6115	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х
Kittery, ME MyHealth@Kittery 35 Walker Street 207-439-4430	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Lawrence, MA Merrimack Medical and Walk-In Center 25 Marston Street, 3rd Floor 978-688-3100	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	N/A
Lebanon ClearChoice MD 410 Miracle Mile 603-276-3260	х	х	х	х	х	х	х	Х	х	х	х	х	х	х	х	х	х
Manchester Bedford Occupational and Acute Care One Highlander Way 603-625-2622	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	X	х
Manchester Concentra 1279 South Willow Street 603-644-3330	х	х	х	х	х	х	х	х	х	х	х	x	х	х	х	X	x
Merrimack Convenient MD Urgent Care 2 Dobson Way 603-471-6069	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	Х	х
Nashua Concentra 14A Broad Street 603-889-2354	х	х	х	х	х	х	х	х	х	х	х	x	х	х	х	X	х
Nashua Healthstop 228 Daniel Webster Highway 603-888-9200	х	х	х	х	х	х	х	х	х	х	х	x	х	х	х	X	х
North Conway MWV Health Care 3073 White Mountain Highway 603-356-5472	х	х	х	х	х	Х	х	Х	х	х	х	х	х	х	х	Х	х
Portsmouth ClearChoice MD 750 Lafayette Rd 603-427-8539	х	х	х	х	х	Х	х	Х	х	х	х	х	х	х	х	Х	х
Rochester Granite State Express Care 120 Washington St, Suite 101 603-330-7040	х	х	N/A	N/A	х	х	х	х	х	х	х	х	х	х	х	Х	х

Facility	Sprains, strains	Animal bites	X-rays	Stitches	Mild asthma	Minor headaches	Back pain	Nausea, vomiting, diarrhea	Minor allergic reactions	Coughs, sore throat	Bumps, cuts, scrapes	Rashes, minor burns	Minor fevers, colds	Ear or sinus pain	Mild urinary symptoms	Eye swelling, irritation, redness or pain	Vaccinations**
Salem ExpressMed at Salem 159 N Broadway 603-898-0961	х	х	х	х	х	х	х	Х	х	х	х	х	х	х	х	х	х
Sanbornville White Mountain Medical Center 2531 White Mountain Hwy, Suite A 603-522-0186	x	х	x	х	х	х	х	х	х	x	x	х	x	x	х	X	x
Somersworth Seacoast Redicare 396 High Street 603-692-6066	х	х	х	Х	х	N/A	х	х	х	х	х	х	х	х	х	Х	N/A
Stratham Convenient MD Urgent Care 1 Portsmouth Avenue 603-772-3600	х	х	х	Х	х	х	х	Х	х	х	х	х	х	х	х	Х	х
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. Please call ahead for available services at this location.	х	x	x	X	x	x	x	x	х	х	X	X	N/A	N/A	N/A	x	N/A
Windham Convenient MD Urgent Care 125 Indian Rock Road 603-890-6330	х	х	х	Х	х	х	х	х	х	х	х	х	х	х	х	Х	х
Urgent Care Centers	ı	1	1		ı	ı	ı	ı	1	ı	ı	1	ı	1	1		
Concord Concord Hospital Walk-in Urgent Care at Horseshoe Pond 60 Commercial Street 603-230-1200	Х	х	х	х	х	х	х	x	Х	X	X	X	X	X	X	x	x
Dover Wentworth-Douglass Express Care 701 Central Avenue 603-609-6700	Х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х
Lee Wentworth-Douglass Hospital Walk-in Urgent Care at Lee, Professional Center 65 Calef Highway 603-868-8507	х	х	х	х	Х	х	Х	Х	х	х	х	х	х	х	х	X	х
Londonderry Elliot Urgent Care at Londonderry 40 Buttrick Road 603-552-1550	х	х	X	X	х	X	х	Х	х	х	Х	х	х	х	х	X	х

Facility	Sprains, strains	Animal bites	X-rays	Stitches	Mild asthma	Minor headaches	Back pain	Nausea, vomiting, diarrhea	Minor allergic reactions	Coughs, sore throat	Bumps, cuts, scrapes	Rashes, minor burns	Minor fevers, colds	Ear or sinus pain	Mild urinary symptoms	Eye swelling, irritation, redness or pain	Vaccinations**
Manchester Elliot Urgent Care at River's Edge 185 Queen City Avenue 603-663-7227	х	х	х	х	х	х	х	х	х	х	х	х	Х	х	x	х	х
Milford Milford Urgent Care Center 442 Nashua Street 603-673-5623	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х
Salem Parkland Urgent Care 31 Stiles Rd, Suite 1100 603-890-2727	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	Х	х
Retail Health Clinics																	
Concord MinuteClinic (CVS/pharmacy) 4 Hall Street 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	х	х
Hampton MinuteClinic (CVS/pharmacy) 321A Lafayette Road 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	Х	х
Manchester MinuteClinic (CVS/pharmacy) 271 Mammoth Road 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	Х	х
Nashua MinuteClinic (CVS/pharmacy) 214 Daniel Webster Highway 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	Х	х
Salem MinuteClinic (CVS/pharmacy) 512 South Broadway 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	Х	х
West Lebanon MinuteClinic (CVS/pharmacy) 250 Plainfield Road 866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	х	х	х	х	х	х	х	Х	х

<sup>\*\*</sup>Some facilities only offer certain types of vaccinations.

To find out which ones are available at a location near you, please contact the facility directly



## When to use the ER

Always call 911 or go to the ER if you think you could put your health at serious risk by delaying care.