



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. Just go to the Find Care section and follow the steps. The list is also available at 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

Northern Light Walk-In-Care,
 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

MGM 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

Northern Light Walk-In-Care,
 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

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

Waterville

MGM 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,
 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
 York Hospital Walk-in Care, 16 Hospital Dr.
 1-207-752-8652

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