

Know before you go

When you need **urgent care**,
you have **choices**



- ✓ convenient hours
- ✓ lower costs
- ✓ shorter wait times
- ✓ no appointment necessary for most locations

In a medical emergency, always dial 911 or go to the nearest emergency room. But when your condition isn't life threatening, you can save time, save money, and get the care you need from:

- **Your Doctor.** They know you best. Make an appointment or ask about your care choices.
- **Urgent Care Clinics.** They are most like emergency rooms. Their doctors, assistants, and nurses treat broken bones, cuts, fevers, and conditions that need immediate care.
- **Extended Hour Clinics.** Many primary care clinics are open evenings and weekends. They can treat simple conditions like earaches, sore throats, and flu.

If you need help with your treatment choices or where to go for care, call the **Cigna 24-Hour Health Information LineSM** at 1.800.Cigna24, and talk to a nurse anytime day or night.

See reverse side for a list of **Urgent Care** and **Extended Hour Clinics** in your area.



Urgent Care and Extended Hour Clinics

As an option for non-emergency care, check out the list below for your nearest walk-in center.

Please note that this list is likely to change. You can find updated information on www.myCigna.com

Or by calling **1.800.Cigna24**.

Auburn	
The Clinic at Walmart operated by St. Mary's Regional Medical Center, 100 Mount Auburn Ave	207-330-3900
Augusta	
Concentra, 219 Capitol Street Suite 2	207-629-5005
MGMC Express Care-15 Enterprise Dr	207-621-8880
Bangor	
Concentra, 34 Gilman Road	207-941-8300
Eastern Maine Medical Center, 915 Union Street	207-973-8030
Penobscot Community Health Center, 1012 Union St, Ste 3	207-945-5247
Penobscot Community Health Center dba PCHC Walk in Pediatric, 1068 Union St	207-947-0147
Belfast	
PCHC Walk-In Seaport, 41 Wright Street	207-338-6900
Berwick	
Berwick Medical Services, 4 Dana Drive	207-698-6700
Brewer	
PCHC Brewer Medical Center, 735 Wilson Street	207-989-1567
Brunswick	
US Healthworks, 11 Medical Center	207-725-2697
Mid Coast Walk in Care, 22 Station Ave	207-406-7500
East Waterboro	
Goodall Express, 10 Goodall Drive Suite 900	207-490-7760
Freeport	
Freeport Medical Center, 42 Mallett Drive	207-865-3491
Gorham	
Mercy Express Care, 19 South Gorham Crossing	207-839-9101
Houlton	
Katahdin Valley Health Care, 59 Bangor Street	207-528-2285 ext 102
Lewiston	
Concentra, 59 East Avenue	207-784-1680
Old Town	
PCHC-Helen Hunt Health Center, 242 Brunswick Street	207-827-6128 opt.2
Norway	
Concentra, 29 Winter Street	207-743-7399
Portland	
Brighton First Care, 335 Brighton Avenue	207-662-8111
Mercy Fore Express Care, 175 Fore River Pkwy	207-553-6170
Presque Isle	
Walk-In Care, 23 North Street , Suite 4	207-760-9278
Saco	
SMMC Walk in Care, 655 Main Street	207-282-9080
Scarborough	
US Healthworks, 55 Spring Street	207-883-3988
Clear Choice MD, 273 Payne Rd	207-618-9355
South Portland	
Concentra, 85 Western Ave	207-774-7751
Intermed Urgent Care*, 100 Foden Road East <i>*services available to Intermed patients only. They do not take patients of other practices at this time.</i>	207-774-5816

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Or by calling **1.800.Cigna24**.

Waterville	
The Clinic at Walmart, 80 Waterville Commons Drive	207-680-2110
Waterville	
MGMC Express Care, 211 Main Street	207-877-3450
Westbrook	
Mercy Express Care, 40 Park Rd	207-857-8174
Windham	
Mercy Express Care, 409 Roosevelt Trail	207-893-0290
Yarmouth	
Mercy Express Care, 385 Route 1	207-535-1200

[For the latest information on hours and services, call before you go.](#)