

Tandem Managed Care Program

In-Network Occupational Medicine & Walk-In Options+

Occupational Health Care Providers (listed by County)

BELKNAP COUNTY:

Belknap Occupational Health

614 Laconia Road; Route 3; Unit 2

Tilton, NH

Phone: (603) 717-7010

**Same day appointments available; M-F 8-4:30; direct access to orthopedics & therapy when needed*

Laconia Clinic Convenience Care

724 Main Street

Laconia, NH

Phone: (603) 527-2896

**Walk-In Clinic; M-F 7-7 & Sat and Sun 8-5*

LRGH Occupational Health Services

14 Maple Street, Lot C

Gilford, NH

Phone: (603) 524-5816

**Same day or next day appointments available; M, T 7-4:30, W 7-7; TH, F 7-4:30*

CARROLL COUNTY:

Memorial Hospital Walk-In

3073 White Mountain Hwy, North

Conway, NH

Phone: (603) 356-4949 x 3347

**Walk in only; 7 days a week 8am-6pm*

For additional options: reference Belknap County provider options

CHESHIRE COUNTY:

Cheshire Medical Center-Department of Occupational Medicine & Walk-In Clinic (for after-hours care)

590 Court Street

Keene, NH

Phone: (603) 354-6585

**Same day or next day appointments available; M-F 8-4:30*

**After hours Walk-In clinic: 149 Emerald Street, Keene, NH- M-F 8-8; Sat 10-6; Sun 10-2*

Convenient MD

351 Winchester Street

Keene, NH

Phone: (603) 352-3406

**Walk-ins Only M-Sun 9-9*



T A N D E M
INJURY MANAGEMENT

COOS COUNTY:

Upper Connecticut Valley Hospital Walk-In Clinic

181 Corliss Lane

Colebrook, NH

Phone: (603) 237-4971

**Walk-In Clinic (located in the Emergency Room): 7 days a week; 9-7*

For additional options: please reference Carroll County &/or Grafton County provider options

GRAFTON COUNTY:

Alice Peck Day Memorial Hospital Occupational Health Services

127 Mascoma Street-2nd floor

Lebanon, NH

Phone: (603) 448-7469

**Same day appointments available: M-F 7:15-4:30*

Dartmouth Hitchcock Medical Center Occupational and Environmental Medicine

1 Medical Center Drive – Level 4L

Lebanon, NH

Phone: (603) 653-3850

**Same day or next day appointments available: M-F 8-5*

Littleton Regional Hospital Occupational Health

600 St. Johnsbury Road

Littleton, NH

Phone: (603) 444-9294

**Same day or next day appointments available: M-F 8-4:30*

Speare Memorial Hospital Occupational Health

16 Hospital Road

Plymouth, NH

Phone: (603) 238-2348

**Same day or next day appointments available: M-F; 7-3*

HILLSBOROUGH COUNTY:

Bedford Occupational and Acute Care/Express Med (Manchester location)

One Highlander Way

Manchester, NH

Phone: (603) 625-2622

**Same day or next day appointments available; walk-ins okay; M-F 8-6; Sat 10-4*

ConvenientMD (Bedford location)

3 Nashua Road

Bedford, NH

Phone: (603) 472-6700

**Walk-ins only, 7 days a week; 9-9*



T A N D E M
INJURY MANAGEMENT

ConvenientMD (Merrimack location)

2 Dobson Way

Merrimack, NH

Phone: (603) 471-6069

**Walk-ins only, 7 days a week; 9-9*

ConvenientMD (Nashua location)

565 Amherst Street

Nashua, NH

Phone: (603) 578-3347

**Walk-ins only, 7 days a week; 9-9*

Dartmouth Hitchcock Medical Center Occupational & Environmental Medicine (Nashua location)

2300 Southwood Drive

Nashua, NH

Phone: (603) 577-4166

**Same day or next day appointments available; M-F 8-4:30*

Elliot Hospital Occupational Health Services

185 Queen City Avenue

Manchester, NH 03101

Phone: (603) 663-8400

**Same day or next day appointments available; M-F 8-5*

**Urgent care (walk-in) for after-hours needs in Manchester & Londonderry until 10pm & on Sat and Sun (Londonderry office located at 40 Buttrick Road)*

Monadnock Community Hospital Occupational Health Services

452 Old Street Road

Peterborough, NH

Phone: (603) 924-4699 x 1602

**Same day or next day appointments available; M-F 7-5*

St. Joseph's Business & Health

166 Kinsley Street-Suite 203

Nashua, NH

Phone: (603) 595-7371

**Same day and next day appointments available; M-F 7:30-4:30*

**Urgent care (walk-in clinic) located in the Milford Medical Center, 444 Nashua St, Milford, NH; 7 days a week; 9-9; 603-673-5623*

MERRIMACK COUNTY:

Ace PT dba Merrimack Valley Occupational Care & Coppola Physical Therapy

171 Pleasant Street

Concord, NH

Phone: (603) 228-3500

**Same day or walk-in appointments available; M-F 8-4:30 – direct access to orthopedics & therapy if needed*



T A N D E M
INJURY MANAGEMENT

Concord Hospital Occupational Health Services

60 Commercial Street

Concord, NH

Phone: (603) 230-1220

**Same day or next day appointments available; M-F; 8-4:00/4:30 (some days open at 7am)*

**Urgent care for after-hours needs; M-F 9-8; Sat & Sun 9-5*

ConvenientMD (Concord location)

8 Loudon Road

Concord, NH 03301

Phone: (603) 226-9000

**Walk-ins only, 7 days a week; 9-9*

Franklin Regional Hospital Occupational Health

15 Aiken Avenue

Franklin, NH

Phone: (603) 934-2060 x 8419

**Same day or next day appointments available; M-F 7-3:30*

ROCKINGHAM COUNTY:

Access Occupational Medicine (Exeter location)

One Hampton Road

Exeter, NH

Phone: (603) 775-7000

**Same day appointments available; M-Th 7:30-7:30; F 7:30-7; Sat 7:30-5*

Access Occupational Medicine (Plaistow location)

13 Plaistow Road

Plaistow, NH

Phone: (603) 775-7000

**Same day appointments available; M – F 9-5*

Access Occupational Medicine (Portsmouth location)

155 Borthwick Avenue

Portsmouth, NH

Phone: (603) 775-7000

**Same day appointments available; M – F 9-5*

Access Occupational Medicine (Raymond location)

6 Freetown Road

Raymond, NH

Phone: (603) 775-7000

**Same day appointments available; M 9-5; T-F 6:30-5*

ConvenientMD (Stratham location)

1 Portsmouth Avenue

Stratham, NH

Phone: (603) 772-3600

**Walk-ins only, 7 days a week; 9-9*



T A N D E M
INJURY MANAGEMENT

ConvenientMD (Windham/Salem location)

125 Indian Rock Road

Windham, NH

Phone: (603) 890-6330

**Walk-ins only, 7 days a week; 9-9*

Center for Occupational and Employee Health (Exeter Hospital)

6 Hampton Road

Exeter, NH

Phone: (603) 580-6635

**Same day or next day appointments available; M-TH 7-5; F 7-4:30*

Occupational Health Services of Portsmouth Regional Hospital

25 New Hampshire Avenue; suite 105

Pease International Tradeport

Portsmouth, NH

Phone: (603) 430-9675

**Same day or next day appointments available; M-TH 8-5; F 8-1*

Salem Occupational and Acute Care

13 Red Roof Lane

Salem, NH

Phone: (603) 898-0961

**Same day or next day appointments available; M-F 8AM-7PM; Sat 10-4*

STRAFFORD COUNTY:

Access Sports Medicine & Occupational Health

187 Gonic Road

Rochester, NH

Phone: (603) 775-7000

** Same day or next day appointments available; M-F 8:30-5*

ConvenientMD (Dover location)

14 Webb Place

Dover, NH

Phone: (603) 742-7900

**Walk-ins only, 7 days a week; 9-9*

Seacoast Redicare

396 High Street

Somersworth, NH

Phone: (603) 692-6066

**Same day or next day appointments available; M-F 8-7; Sat 9-2*

SULLIVAN COUNTY:

Priority Care/Valley Regional Hospital Occupational Medicine

243 Elm Street

Claremont, NH

Phone: (603) 542-1825

**Same day or next day appointments available; M-F 7-3:30*

