New Hampshire walk-in centers, urgent care centers and retail health clinics

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.[1] 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.

1 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.

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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).

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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[2]
Walk-in centers - $30 copay																	
Barrington Barrington Walk-In Center 426 Calef Highway 1-603-664-0955	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Bedford Urgent Care at Bedford Medical Park 5 Washington Place 1-603-314-4567	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Bedford Convenient MD Urgent Care 3 Nashua Rd. 1-603-472-6700	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Belmont ClearChoice MD 96 Daniel Webster Highway Belknap Mall 1-603-267-0656	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Berwick, ME Berwick Walk-In Care 4 Dana Drive 1-207-698-6700	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Concord Concentra 1 Pillsbury Street 1-603-223-2300	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Concord Convenient MD Urgent Care 8 Loudon Rd. 1-603-226-9000	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Concord MinuteClinic (CVS/pharmacy) 4 Hall Street 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X
Conway Conway Walk-in 7 Greenwood Avenue 1-603-447-3500	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Dover Convenient MD Urgent Care 19 Webb Place 1-603-742-7900	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Exeter Access Walk-In Injury Clinic 1 Hampton Road 1-603-775-7750	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Hampton MinuteClinic (CVS/pharmacy) 321A Lafayette Road 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X
Keene Cheshire Health Services Inc 580 Court Street 1-603-354-5406	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Keene ClearChoice MD 448 West Street, Unit 4 1-603-876-6115	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Kittery, ME MyHealth@Kittery 35 Walker Street 1-207-439-4430	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lawrence, MA Merrimack Medical and Walk-In Center 25 Marston Street, 3rd Floor 1-978-688-3100	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	N/A
Lebanon ClearChoice MD 410 Miracle Mile 1-603-276-3260	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manchester Bedford Occupational and Acute Care One Highlander Way 1-603-625-2622	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manchester Concentra 1279 South Willow Street 1-603-644-3330	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manchester MinuteClinic (CVS/pharmacy) 271 Mammoth Road 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X
Merrimack Convenient MD Urgent Care 2 Dobson Way 1-603-471-6069	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nashua Concentra 14A Broad Street 1-603-889-2354	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nashua Healthstop 228 Daniel Webster Highway 1-603-888-9200	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Nashua MinuteClinic (CVS/pharmacy) 214 Daniel Webster Highway 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X
North Conway MWV Health Care 3073 White Mountain Highway 1-603-356-5472	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Portsmouth ClearChoice MD 750 Lafayette Rd. 1-603-427-8539	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rochester Granite State Express Care 120 Washington St., Suite 101 1-603-330-7040	X	X	N/A	N/A	X	X	X	X	X	X	X	X	X	X	X	X	X
Salem ExpressMed at Salem 159 N. Broadway 1-603-898-0961	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salem MinuteClinic (CVS/pharmacy) 512 South Broadway 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X
Sanbornville White Mountain Medical Center 2531 White Mountain Hwy., Suite A 1-603-522-0186	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Somersworth Seacoast Redicare 396 High Street 1-603-692-6066	X	X	X	X	X	N/A	X	X	X	X	X	X	X	X	X	X	N/A
Stratham Convenient MD Urgent Care 1 Portsmouth Avenue 1-603-772-3600	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Waterville Valley Crane Clinic/Waterville Valley Ski Clinic 1 Ski Area Drive 1-603-236-8311, ext. 3167 *This facility is open only during winter ski season. Please call ahead for available services at this location.*	X	X	X	X	X	X	X	X	X	X	X	X	N/A	N/A	N/A	X	N/A
West Lebanon MinuteClinic (CVS/pharmacy) 250 Plainfield Road 1-866-389-2727	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	X	X	X	X	X	X	X	X	X

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Windham Convenient MD Urgent Care 125 Indian Rock Road 1-603-890-6330	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Urgent care centers – $50 copay																	
Concord Concord Hospital Walk-in Urgent Care at Horseshoe Pond 60 Commercial Street 1-603-230-1200	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Dover Wentworth-Douglass Express Care 701 Central Avenue 1-603-609-6700	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lee Wentworth-Douglass Hospital Walk-in Urgent Care at Lee, Professional Center 65 Calef Highway 1-603-868-8507	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Londonderry Elliot Urgent Care at Londonderry 40 Buttrick Road 1-603-552-1550	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manchester Elliot Urgent Care at River's Edge 185 Queen City Avenue 1-603-663-7227	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Milford Milford Urgent Care Center 442 Nashua Street 1-603-673-5623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salem Parkland Urgent Care 31 Stiles Rd., Suite 1100 1-603-890-2727	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

2 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.

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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.

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