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) 717-7020
*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

Saco River Medical Group Walk-In Clinic
7 Greenwood Ave
Conway, NH
Phone: (603) 447-3500
*Walk-in only; M-F 8-6; Sat 8-4; Sun 9-1

Saco River Medical Group Walk-In Clinic
15 US Route 202
Glen, NH
Phone: (603) 383-3005
*Walk-in only; M-F 8-4:30; Sat 8-2; Sun 9-1
White Mountain Medical Center Walk-In Care
2531 White Mountain Highway (Route 16)
Sanbornville, NH
Phone: (603) 522-3457
*Walk-in only; M-F 7:30-5; Sat 9-1

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 8-8

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

+For a complete listing of Tandem’s managed care network or for assistance locating an in-network provider, call 603-624-5660
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

Bedford Occupational and Acute Care/Express Med (Downtown Manchester location)
35 Kosciuszko Street
Manchester, NH
Phone: (603)
*Same day or next day appointments available; walk-ins okay; M-F 8-7; Sat 9-4

ConvenientMD (Bedford location)
3 Nashua Road
Bedford, NH
Phone: (603) 472-6700
*Walk-ins only, 7 days a week; 8-8

ConvenientMD (Merrimack location)
2 Dobson Way
Merrimack, NH
Phone: (603) 471-6069
*Walk-ins only, 7 days a week; 8-8

ConvenientMD (Nashua location)
565 Amherst Street
Nashua, NH
Phone: (603) 578-3347
*Walk-ins only, 7 days a week; 8-8

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
275 Mammoth Road
Manchester, NH 03109
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)

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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

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; 8-8

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 or walk in; M-Th 7:30-7:30; F 7:30-5; Sat 7:30-5

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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, Suite 102
Portsmouth, NH
Phone: (603) 431-3575
*Same day appointments available or walk in; M – F 8:30-5

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 (Exeter/Stratham location)
1 Portsmouth Avenue
Stratham, NH
Phone: (603) 772-3600
*Walk-ins only, 7 days a week; 8-8

ConvenientMD (Windham/Salem location)
125 Indian Rock Road
Windham, NH
Phone: (603) 890-6330
*Walk-ins only, 7 days a week; 8-8

ConvenientMD (Portsmouth location)
599 Lafayette Road
Portsmouth, NH
Phone: (603) 942-7900
*Walk-ins only, 7 days a week; 8-8

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

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Salem Occupational and Acute Care-ExpressMED
159 North Broadway
Salem, NH
Phone: (603) 898-0961
*Same day or next day appointments available; M-F 8AM-7PM; Sat 9-4

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; 8-8

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