

# Tufts Health Plan Network Urgent Care Centers



Tufts Health Plan's network includes Urgent Care Centers. These centers are cost-effective alternatives available to you when your PCP is not available and you need care quickly. Urgent Care Centers are growing in numbers and are staffed by qualified doctors to treat:

- ▶ Head colds, ear or throat infections, stomach pain, fever, or headache (walk-in service for after-hours care)
- ▶ Minor trauma (e.g., eye injuries, or cuts and burns that do not respond to basic first aid)
- ▶ Back/muscle pain, strain, or sprain that cannot wait for PCP hours

- ▶ Any non-life-threatening illness or injury (broken bones)
- ▶ Sprains with swelling and discoloration
- ▶ Ear infections associated with severe pain, fever, or discharge from ear

Urgent Care Centers are not appropriate for medical situations that are emergencies or that need to be treated in a hospital setting.

## Massachusetts

AEIOU	
*170 University Drive, Suite 202, Amherst, MA, 01002	413.461.3530
*489 Bernardston Road, Greenfield, MA, 01301	413.773.1394
Beth Israel Deaconess Urgent Care Center at Chestnut Hill	
*200 Boylston Street, Chestnut Hill, MA, 02467	617.278.8500
Berkshire Health Systems Urgent Care Center	
505 East Street, Pittsfield, MA, 01201	413.997.0930
CareCentral Urgent Medical Group	
682 Depot St, North Easton, MA, 02356	781.341.2800
*286 Washington Street, Stoughton, MA, 02072	781.341.2800
CareWell Urgent Care	
*922 Highland Avenue, Needham, MA, 02494	781.400.1383
*229 Andover Street, Peabody, MA, 01960	978.826.5950
*345 Main Street, Tewksbury, MA, 01876	978.851.4683
*510 Boston Road, Billerica, MA, 01821	978.362.2288
*1400 Cambridge St, Cambridge, MA, 02139	617.229.6264
*603 Concord Ave, Cambridge, MA, 02138	617.520.4982
*484 Route 134, South Dennis, MA, 02660	508.694.7901
*50 Worcester Rd Unit 3, Framingham, MA, 01702	508.283.1412
*58 Bedford Street, Lexington, MA, 02420	781.538.4526

CareWell Urgent Care (cont.)	
333 Southwest Cutoff Unit 202, Northborough, MA, 01532	617.302.4194
*42 Washington Street, Norwell, MA, 02061	781.421.3503
349 Broadway, Somerville, MA, 02145	617.302.4194
*348 Greenwood St, Worcester, MA, 01607	508.713.9692
*500 Lincoln St, Worcester, MA, 01605	508.713.6678
Concentra Urgent Care	
*140 Carando Road, Springfield, MA, 01104	413.746.4006
*66 B Concord Street, Wilmington, MA, 01887	978.657.3826
ConvenientMD	
8 Loudon Road, Concord, MA, 03301	603.226.9000
Dedham Medical Urgent Care Center	
*1177 Providence Highway, Norwood, MA, 02062	781.329.1400
Doctors Express	
119 Coggeshall St, New Bedford, MA, 02746	508.990.1900
129 Turnpike St, North Andover, MA, 01845	978.470.0800
16 Main St, Stoneham, MA, 02180	781.279.4000
*380R Merrimack St, Methuen, MA, 01844	978.470.0800
926 W Boylston St, Worcester, MA, 01606	508.854.1055

\* Participates in the Select Network

## Massachusetts

### Doctors Express (cont.)

*415 Cooley Street, Unit 3, Springfield, MA, 01128	413.782.4878
*370 Providence Highway, Dedham, MA, 02026	781.461.0200
*85 Coggeshall Street, New Bedford, MA, 02746	508.990.1900
*129 Turnpike Street, North Andover, MA, 01845	978.470.0800
*371 Broadway, Saugus, MA, 01906	781.233.1000
*1030 Main Street, Waltham, MA, 02451	508.785.1926
*376 Arsnal Street, Watertown, MA, 02472	617.923.2273
*485 Granite Street, Braintree, MA, 02184	781.848.2273
*219 Centre Street, Malden, MA, 02148	781.322.7300
*42 Boston Post Road West, Marlborough, MA, 01753	508.650.6208
*945 Worcester Street, Natick, MA, 01760	508.650.6208
*90 Middlesex Turnpike, Burlington, MA, 01803	781.894.6900
*117 Stafford Street, Worcester, MA, 01603	508.755.4010

### Harbor Medical Urgent Care

*541 Main Street, South Weymouth, MA, 02190	781.952.1433
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### Health Express

*117 Old Church Street, Pembroke, MA, 02359	781.626.5170
119 Parkingway, Quincy, MA, 02169	781.626.5900
*1345 Boston Providence Hwy, Norwood, MA, 02062	781.626.5600
*170 Bedford St Unit 1, Abington, MA, 02351	781.626.5170
59 Long Pond Rd, Plymouth, MA, 02360	781.626.5180

### Massachusetts Express Care PLLC

*106 Route 44, Raynham, MA, 02767	781.280.1699
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### MedExpress Urgent Care

*1505 Memorial Dr, Chicopee, MA, 01020	413.533.3049
*296 Main St, Haverhill, MA, 01830	978.372.1382
311 East Main St, Westfield, MA, 01085	413.562.0482
430 Cooley St, Springfield, MA, 01128	413.782.0320

### Middleton Family Medicine Urgent Care

147 South Main St, Middleton, MA, 01949	978.774.2555
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### Noble Express Care

24 North Westfield St, Ste 1, Feeding Hills, MA, 01103	413.731.7800
*57 Union St, Westfield, MA, 01085	413.642.7200

### North Attleboro Urgent Care

40 Cumberland Ave, North Attleboro, MA, 02760	508.455.4009
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### Norwood Urgent Care

*1210 Boston Providence Turnpike, Norwood, MA, 02062	781.255.0500
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### Partners Urgent Care

11 Mount Auburn St, Watertown, MA, 02472	857.214.2970
71 Needham St, Newton, MA, 02461	857.598.4460
*1285 Beacon St, Brookline, MA, 02446	888.980.0505

### Pediatrics West Urgent Care

100 Boston Road Ste F, Groton, MA, 01450	978.577.0437
133 Littleton Road Ste 101, Westford, MA, 01866	978.577.0437
19 Pierce Avenue Ste B, Fitchburg, MA, 01420	978.577.0437

### Southcoast Urgent Care

*200 Mill Road, Fairhaven, MA, 02791	855.319.0518
*2421 Cranberry Hwy, Wareham, MA, 02571	508.273.1810

### Steward Medical Group Express Care Inc

*1345 Boston Providence Turnpike, Norwood, MA, 02062	781.280.1683
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### Urgent Care Express at Harrington

*100 South Street, Southbridge, MA, 01550	508.765.9771
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### Urgent Care of Holden

5 Shrewsbury St, Holden, MA, 01520	413.599.3800
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### Urgent Care of Wilbraham

*19 Norfolk Avenue, South Easton, MA, 02375	508.297.2068
*2040 Boston Road, Suite 16, Wilbraham, MA, 01095	413.599.3800

### Doctors Express

*18 Union Street, West Springfield, MA, 01089	413.781.0100
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### Health Express

*330 Washington Street, Weymouth, MA, 02188	781.803.3091
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## Maine, New Hampshire, Rhode Island, Vermont

<b>ClearChoiceMD Urgent Care</b>		<b>East Providence Medical Center</b>	
273 Payne Rd, Scarborough, ME, 04074	207.618.9355	525 Taunton Avenue, E Providence, RI, 02914	401.438.3170
<b>Cheshire Health Services</b>		<b>East Side Urgent Care</b>	
*580 Court St, Keene, NH, 03431	603.354.5400	1195 North Main Street, Providence, RI, 02904	401.861.3782
159 Emerald St, Unit K, Keene, NH, 03431	603.354.5400	<b>Garden City Treatment Center</b>	
<b>ClearChoiceMD Urgent Care</b>		1150 Reservoir Avenue, Cranston, RI, 02920	401.946.2400
410 Miracle Mile, Lebanon, NH, 03766	603.276.3260	<b>Lincoln Urgent Care</b>	
448 West St, Unit 4, Keene, NH, 03431	603.876.6115	2 Wake Robin Road, Suite 106, Lincoln, RI, 02865	401.333.9595
750 Lafayette Rd, Unit 103, Portsmouth, NH, 03801	603.427.8539	<b>Midland Medical</b>	
96 Daniel Webster Hwy, Belmont, NH, 03220	603.267.0656	1312 Oaklawn Avenue, Cranston, RI, 02920	401.463.3380
<b>Concentra Urgent Care</b>		<b>North Providence Emergency Services</b>	
1 Pillsbury Street, Concord, NH, 03301	603.223.2300	1637 Mineral Spring Ave, Ste 115, North Providence, RI, 02904	401.353.1012
1279 S Willow Street, Ste E, Manchester, NH, 03103	603.644.3330	<b>North Providence Urgent Care</b>	
14 A Briard Street, Nashua, NH, 03064	603.889.2354	1830 Mineral Spring Avenue, Providence, RI, 02904	401.353.1999
<b>ConvenientMD</b>		<b>Ocean State Urgent Care of Westerly</b>	
125 Indian Rock Road, Windham, NH, 03087	603.890.6330	77 Franklin Street, Westerly, RI, 02891	401.596.6464
3 Nashua Road, Bedford, NH, 03110	603.472.6700	<b>Pawtuxet Valley Urgent Care</b>	
1 Portsmouth Ave, Stratham, NH, 03885	603.772.3600	982 Tiogue Avenue, Coventry, RI, 02816	401.821.6800
19 Webb Pl, Dover, NH, 03820	603.742.7900	<b>STATCARE</b>	
2 Dobson Way, Merrimack, NH, 03054	603.471.6069	400 Bald Hill Rd Ste 511, Warwick, RI, 02886	401.737.4420
351 Winchester St, Keene, NH, 03431	603.352.3406	<b>Urgent Medical Care</b>	
565 Amherst St, Nashua, NH, 03063	603.578.3347	2140 Mendon Rd, Cumberland, RI, 02864	401.475.5271
<b>Health Stop, Inc.</b>		400 Putnam Pike Ste E, Smithfield, RI, 02917	401.475.5271
228 Daniel Webster Hwy, Nashua, NH, 03060	603.888.9200	<b>Woonsocket Urgent Care</b>	
<b>Urgent Care at Bedford</b>		25 John Cummings Way, 3rd Fl, Woonsocket, RI, 02895	401.235.7310
5 Washington Pl Ste 1B, Bedford, NH, 03110	603.314.4567	<b>CareWell Urgent Care</b>	
<b>Armistice</b>		535 Centerville Road, Ste 102, Warwick, RI, 02886	401.773.7220
209 Armistice Blvd, Pawtucket, RI, 02860	401.725.4100	<b>ClearChoiceMD Urgent Care</b>	
<b>Atmed Treatment Center</b>		1154 Putney Rd, Brattleboro, VT, 05301	802.490.2100
1526 Atwood Avenue, Suite 100, Johnston, RI, 02919	401.273.9402	1200 Williston Rd, South Burlington, VT, 05403	802.448.8205
5750 Post Road, East Greenwich, RI, 02818	401.273.9400	173 S Main St, Rutland, VT, 05701	802.772.4165
<b>Circle Health Urgent Care</b>		178 Swanton Rd, St. Albans, VT, 05478	802.528.5100
290 Branch Avenue, Providence, RI, 02860	401.722.8880	798 Rte 302, Barre, VT, 05641	802.744.0138
<b>Concentra Urgent Care</b>			
290 Branch Avenue, Providence, RI, 02860	401.722.8880		
400 Bald Hill Road, Warwick, RI, 02886	401.737.4420		

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# Accessible health care, any day—every day—24/7

In most cases, when you need care or treatment, your best option is to make an appointment with your PCP. If you're experiencing a medical emergency, call 911 or go to the nearest Emergency Room.

Here are some general guidelines for what to do when you need care or have questions:

## Your PCP should be your first and best option whenever possible. See your PCP to:

- ▶ Get a checkup
- ▶ Get non-urgent or non-emergency care
- ▶ Ask general questions about your health
- ▶ Get a referral to see a specialist if required by your plan

If you need help choosing a PCP, please call the number on the back of your member ID card or visit our Doctor Search online.



## Convenient Care Center

Consider using a local Convenient Care Center—located inside many pharmacies—when you need routine, non-urgent health services outside your PCP's office hours. They are staffed by nurse practitioners and physician assistants who can:

- ▶ Diagnose and prescribe medication to treat strep throat, pinkeye, and infections of the ears, nose, and throat
- ▶ Administer routine vaccinations for flu, pneumonia, pertussis, and more



## Urgent Care Center

Consider an Urgent Care Center when your PCP is not available and you need care quickly but your care may not require a hospital setting. Urgent Care Centers are growing in numbers and are staffed by qualified doctors to treat:

- ▶ Head colds, ear or throat infections, stomach pain, fever, or headache (walk-in service for after-hours care)
- ▶ Minor trauma (e.g., eye injuries, or cuts and burns that do not respond to basic first aid)
- ▶ Back/muscle pain, strain, or sprain that cannot wait for PCP hours
- ▶ Any non-life-threatening illness or injury (broken bones)
- ▶ Sprains with swelling and discoloration
- ▶ Ear infections associated with severe pain, fever, or discharge from ear



## 911 or Emergency Room

Call 911 or go to your nearest hospital emergency room if you think you have a medical condition that could endanger life or limb if not treated immediately. Some examples are:

- ▶ Chest or upper abdominal pain or pressure
- ▶ Uncontrollable bleeding or problems breathing
- ▶ Allergic reactions
- ▶ Fainting, sudden dizziness, weakness
- ▶ Changes in vision
- ▶ Confusion or changes in mental status
- ▶ Loss of sensation or movement in a limb
- ▶ Severe pain
- ▶ Suicidal feelings
- ▶ Difficulty speaking
- ▶ Any other symptoms that require immediate medical attention

And you can call our [FREE 24-Hour Nurseline](#) at 866.201.7919 anytime you have a question about your health or want more information about a condition.