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. 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.



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 medical professionals 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 1-800-544-1901 (or you can contact Customer Service for assistance).



| 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 ¹ |
|--|---------------------|--------------|--------|----------|-------------|--------------------|-----------|-------------------------------|-----------------------------|------------------------|-------------------------|------------------------|------------------------|-------------------|--------------------------|---|---------------------------|
| Walk-in centers and retail health clinics | | | | | | | | | | | | | | | | | |
| Alton ClearChoice MD 24 Homestead Place 1-603-822-4713 | X | Х | Х | X | Х | Х | Х | Х | X | Х | X | Х | Х | X | X | X | X |
| Barrington Barrington Walk-In Center 426 Calef Highway 1-603-664-0955 | X | Х | х | х | х | Х | Х | Х | Х | Х | Х | Х | Х | X | X | X | Х |
| Bedford Urgent Care at Bedford Medical Park 5 Washington Place 1-603-314-4567 | Х | Х | Х | Х | X | X | X | Х | Х | X | Х | Х | Х | X | X | Х | Х |
| Bedford Convenient MD Urgent Care 3 Nashua Road 1-603-472-6700 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | X | Х | X | Х |
| Belmont ClearChoice MD 96 Daniel Webster Highway Belknap Mall 1-603-267-0656 | х | X | X | х | X | X | X | х | х | Х | Х | X | Х | X | х | х | х |
| Berwick, ME Berwick Walk-In Care 4 Dana Drive 1-207-698-6700 | Х | Х | х | Х | х | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| Claremont Urgent Care at Valley Regional 243 Elm Street 1-603-542-7898 | Х | Х | Х | Х | X | X | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| Concord Concentra 1 Pillsbury Street 1-603-223-2300 | Х | Х | Х | Х | X | X | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| Concord Convenient MD Urgent Care 8 Loudon Road 1-603-226-9000 | Х | Х | х | х | х | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| 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 | Х | X | Х | Х | X | X | X | X | X |
| Convenient MD Urgent Care 351 Winchester Street, Keene, NH 03576 1-603-352-3406 | Х | Х | х | х | х | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| Convenient MD Urgent Care 565 Amherst Street, Nashua, NH 03063 1-603-578-3347 | Х | Х | х | х | х | Х | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х |

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| Walk-in centers and retail health clinics | | | | | | | | | | | | | | | | | |
| Conway Conway Walk-in 7 Greenwood Avenue 1-603-447-3500 | X | X | X | X | Х | X | X | X | X | X | X | X | X | X | X | X | X |
| Dover Convenient MD Urgent Care 14 Webb Place 1-603-742-7900 | X | X | X | X | Х | X | X | X | X | X | Х | X | X | X | X | X | X |
| Exeter Access Walk-In Injury Clinic 1 Hampton Road 1-603-775-7750 | X | Х | X | X | Х | X | Х | X | Х | Х | X | X | X | X | X | X | X |
| ExpressMED 35 Kosciuszko Street, Manchester, NH 03101 1-603-627-8053 | X | Х | X | X | Х | X | X | X | х | Х | Х | Х | Х | Х | X | Х | Х |
| ExpressMED One Highlander Way, Manchester, NH 03103 1-603-625-2622 | X | Х | Х | Х | Х | Х | X | Х | х | Х | Х | Х | Х | X | X | Х | Х |
| 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 | Х | Х | Х | Х | Х | Х | X | Х | Х |
| Keene Cheshire Health Services Inc 149 Emerald Street 1-603-354-5406 | Х | Х | Х | Х | Х | Х | X | Х | Х | Х | Х | Х | Х | X | X | Х | Х |
| Kittery, ME MyHealth@Kittery 35 Walker Street 1-207-439-4430 | X | Х | Х | Х | X | Х | X | Х | Х | Х | Х | Х | Х | X | X | Х | Х |
| Lawrence, MA Merrimack Medical and Walk-In Center 25 Marston Street, 3rd Floor 1-978-688-3100 | X | Х | Х | X | X | Х | X | Х | Х | Х | Х | Х | Х | X | X | Х | N/A |
| Lebanon ClearChoice MD 410 Miracle Mile 1-603-276-3260 | Х | х | Х | Х | х | х | х | Х | Х | Х | Х | Х | Х | X | Х | Х | Х |
| Manchester Bedford Occupational and Acute Care One Highlander Way 1-603-625-2622 | Х | х | х | Х | х | х | х | X | Х | Х | X | Х | Х | X | х | X | Х |
| Manchester Concentra 1279 South Willow Street 1-603-644-3330 | х | х | х | х | х | х | х | Х | х | Х | Х | Х | Х | X | Х | Х | Х |

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| 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 | Х | Х | х | Х | Х | Х | X | Х | Х |
| MedCheck Urgent Care 389 Tenney Mountain Highway, Plymouth, NH 03264 1-603-481-8787 | Х | Х | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | X | Х |
| Merrimack Convenient MD Urgent Care 2 Dobson Way 1-603-471-6069 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х |
| Nashua Concentra 14A Broad Street 1-603-889-2354 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | X | Х | X | Х | Х | X |
| Nashua Healthstop 228 Daniel Webster Highway 1-603-888-9200 | Х | х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | X | х | Х | Х |
| 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 | Х | Х | Х | Х | Х | X | Х | Х | Х |
| North Country Medical & Wellness LLC 152 Colby Street Colebrook, NH 03576 1-603-331-0500 | Х | Х | X | Х | X | Х | X | X | Х | Х | Х | X | Х | X | X | Х | X |
| Portsmouth ClearChoice MD 750 Lafayette Road 1-603-427-8539 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | X | Х | X | х | Х | X |
| Portsmouth Convenient MD 599 Lafayette Road 1-603-942-7900 | Х | Х | X | Х | X | X | Х | X | Х | Х | Х | Х | Х | X | X | Х | X |
| Rochester Granite State Express Care 120 Washington Street, Suite 101 1-603-330-7040 | Х | х | N/A | N/A | Х | х | х | Х | Х | Х | х | Х | х | Х | х | Х | Х |
| Salem ExpressMed at Salem 159 N. Broadway 1-603-898-0961 | Х | х | X | Х | X | X | Х | Х | Х | Х | Х | Х | Х | X | X | Х | Х |
| 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 | Х | Х | х | Х | х | X | х | Х | Х |

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| Sanbornville White Mountain Medical Center 2531 White Mountain Highway, Suite A 1-603-522-0186 | X | X | X | X | Х | X | X | X | Х | X | X | X | Х | Х | X | X | X |
| Somersworth Seacoast Redicare 396 High Street 1-603-692-6066 | X | Х | Х | X | Х | N/A | Х | Х | Х | Х | X | Х | Х | Х | Х | Х | N/A |
| Stratham Convenient MD Urgent Care 1 Portsmouth Avenue 1-603-772-3600 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | х |
| 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. | х | х | х | х | х | х | х | х | х | х | х | х | N/A | N/A | N/A | х | N/A |
| Wentworth Douglass Hospital Prompt Care Pease 73 Corporate Drive, Portsmouth NH 03801 1-603-610-8051 | х | X | X | X | Х | х | Х | Х | Х | X | X | X | X | X | Х | Х | Х |
| Windham Convenient MD Urgent Care 125 Indian Rock Road 1-603-890-6330 | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | Х | х |

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| Urgent care centers | | | | | | | | | | | | | | | | | |
| Concord Concord Hospital Walk-in Urgent Care at Horseshoe Pond 60 Commercial Street 1-603-230-1200 | X | Х | Х | X | Х | X | Х | X | Х | Х | Х | Х | Х | Х | Х | Х | X |
| Dover Wentworth-Douglass Express Care 701 Central Avenue 1-603-609-6700 | X | Х | Х | X | Х | X | Х | X | Х | Х | Х | Х | х | Х | X | Х | X |
| Lee Wentworth-Douglass Hospital Walk-in Urgent Care at Lee, Professional Center 65 Calef Highway 1-603-868-8507 | х | Х | Х | Х | Х | х | X | х | Х | Х | Х | X | х | X | х | Х | х |
| Londonderry Elliot Urgent Care at Londonderry 40 Buttrick Road 1-603-552-1550 | X | Х | Х | X | Х | Х | X | X | Х | Х | Х | X | х | X | Х | Х | X |
| Manchester Elliot Urgent Care at River's Edge 185 Queen City Avenue 1-603-663-7227 | Х | Х | Х | Х | Х | X | Х | Х | Х | Х | X | Х | Х | Х | Х | X | Х |
| Milford Milford Urgent Care Center 442 Nashua Street 1-603-673-5623 | Х | Х | Х | Х | Х | X | Х | Х | Х | Х | X | Х | Х | Х | Х | X | X |
| Salem Parkland Urgent Care 31 Stiles Road, Suite 1100 | X | X | X | X | Х | X | X | X | X | Х | X | X | Х | X | X | X | X |

¹ 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.

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.



1-603-890-2727