



Urgent care may be the best option

When you need to see a doctor right away

When you need to see a doctor, your first thought may be to go to the emergency room (ER). But there are other options that cost less and save you time.

Contact your own doctor first

Your primary care physician (PCP) should be the first person you contact when you have an illness or injury. He or she can recommend your best option for care. Your doctor may be able to give you advice on the phone or see you later in the day or on the weekend. But if your doctor isn't available or the office is closed, a visit to a nearby urgent care center may be your best choice.

Head to an urgent care center, if needed

An urgent care center has doctors who treat conditions that should be looked at right away, but aren't as serious as emergencies. Care is typically given during office hours although no appointments are necessary. Some centers are open after hours and on weekends.

Your cost for an urgent care visit is usually the same as what you pay to see an in-network specialist — much less than a trip to the ER. Check your *Summary of Benefits* for your exact cost responsibility.

Call before you go

It's a good idea to call the urgent care center to find out its hours ahead of time and check if it's part of the network. Let the staff know why you're coming to make sure your health issue can be treated.

Know when and where to go

If it's serious, sudden or severe, call 911 or go to the ER. If it's minor, mild or moderate, try an urgent care center. Here are some reasons to go to the urgent care center:

- Urinary tract infection
- Flu and colds
- Nausea with vomiting
- Dizziness
- Bronchitis
- Lower-back pain

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Urgent care centers in upstate New York

Refer to the listing below to find upstate New York urgent care centers that are in the Empire BlueCross network. You also can search for centers by visiting [empireblue.com](https://www.empireblue.com) and selecting **Find Urgent Care**. Then choose **Search for Urgent Care** and enter the information to find a center near you.*

If you're a health maintenance organization (HMO) member, please call your PCP's office or medical group to find out what your choices are for urgent care.

Albany County

Adirondack Urgent Care

315 S Manning Blvd
Albany, NY 12208
1-518-275-4087
[adkuc.org](https://www.adkuc.org)

Albany Med EmUrgentCare

98 Wolf Road
Albany, NY 12205
1-518-264-9500
[emurgentcare.com](https://www.emurgentcare.com)

Concentra Urgent Care

1971 Western Ave
Albany, NY 12203
1-518-452-2597
[concentra.com](https://www.concentra.com)

Newton Medical Group

1662 Central Ave
Albany, NY 12205
1-518-869-9692
[newtonmedgroup.com](https://www.newtonmedgroup.com)

Newton Medical Group

588 New Loudon Rd
Latham, NY 12110
1-518-785-2662
[newtonmedgroup.com](https://www.newtonmedgroup.com)

Prime Care Urgent Care

400 Patroon Creek Blvd
Albany, NY 12206
1-518-445-4444
[primecarepc.com/urgent-care.php](https://www.primecarepc.com/urgent-care.php)

Surya Immediate Medical Care

1182 Troy Schenectady Rd
Latham, NY 12110
1-518-867-8080
[suryamedcare.com](https://www.suryamedcare.com)

First Care

363 Delaware Ave
Delmar, NY 12054
1-518-439-9111
[delmarfirstcare.com](https://www.delmarfirstcare.com)

Urgent Care Center of Latham

711 Troy Schenectady Rd
Latham, NY 12110
1-518-783-3110
[communitycare.com](https://www.communitycare.com)

WorkFit Medical, LLC

1971 Western Ave
Albany, NY 12203
1-518-452-2597
[workfitmedical.com](https://www.workfitmedical.com)

Columbia County

Rapid Care Center

2827 Us Route 9
Valatie, NY 12184
1-518-758-4300
[columbiamemorialhealth.org](https://www.columbiamemorialhealth.org)

Essex County

Hudson Headwater Health Network

33 Tom Phelps Lane
Mineville, NY 12956
1-518-942-7123
[hhhn.org/HealthCenters](https://www.hhhn.org/HealthCenters)

Greene County

Albany Med EmUrgentCare

11835 Rte 9 W
West Coxsackie, NY 12192
1-518-731-9000
[emurgentcare.com](https://www.emurgentcare.com)

Albany Med EmUrgentCare

2976 Route 9W
Saugerties, NY 12477
1-518-731-9000
[emurgentcare.com](https://www.emurgentcare.com)

Catskill Urgent Care

10 Grandview Ave
Catskill, NY 12414
1-518-943-9100
[catskillurgentcare.com](https://www.catskillurgentcare.com)

Montgomery County

St Mary's Urgent Care Center

4988 State Highway 30
Amsterdam, NY 12010
1-518-841-3765
[smha.org/patient-care/urgent-care](https://www.smha.org/patient-care/urgent-care)

Rensselaer County

Urgent Care Center of

North Greenbush

101 Jordan Rd
Troy, NY 12180
1-518-274-9126
[communitycare.com](https://www.communitycare.com)

Urgent Care Center of Schodack

81 Miller Rd
Castleton On Hudson, NY 12033
1-518-213-0399
[communitycare.com](https://www.communitycare.com)

East Greenbush Urgent Care

2 Empire Dr
Rensselaer, NY 12144
1-518-286-4960
[setonhealth.org](https://www.setonhealth.org)

Be prepared!

Find out more at [empireblue.com/findurgentcare](https://www.empireblue.com/findurgentcare)

South Troy Health and OnCall Center
79 Vandenburg Ave
Troy, NY 12180
1-518-271-0063
nehealth.com/Medical_Care/Physicians

Saratoga County

Clifton Park Urgent Care
1 Tallow Wood Dr
Clifton Park, NY 12065
1-518-373-4444
setonhealth.org

Urgent Care at Wilton Medical Arts
3040 Route 50
Saratoga Springs, NY 12866
1-518-580-2283
saratogahospital.org

Malta Med Emergent Care
6 Medical Park Blvd
Malta, NY 12020
1-518-289-2024
maltamed.org

Ellis Emergent Care
103 Sitterly Road
Clifton Park, NY 12065
1-518-579-2800
ellismedicine.org

Schenectady County

Albany Med EmUrgentCare
115 Saratoga Rd
Schenectady, NY 12302
1-518-264-2900
emurgentcare.com

Newton Medical III
2727 Hamburg St
Schenectady, NY 12303
1-518-356-7818

Urgent Care Center Of Niskayuna
2125 River Rd
Niskayuna, NY 12309
1-518-713-5341
communitycare.com

Warren County

Adirondack Urgent Care
959 Route 9
Queensbury, NY 12804
1-518-223-0155
adkuc.org

Chester-Horicon Health Center
6223 State Route 9
Chestertown, NY 12817
1-518-494-2761
hhhn.org/HealthCenters

Health Center On Broad Street
100 Broad St
Glens Falls, NY 12801
1-518-792-2223
hhhn.org/HealthCenters

Queensbury Family Health Center
14 Manor Dr
Queensbury, NY 12804
1-518-623-2094
hhhn.org/HealthCenters

Warrensburg Health Center
3767 Main St
Warrensburg, NY 12885
1-518-623-2844
hhhn.org/HealthCenters

North Creek Health Center
126 Ski Bowl Rd
North Creek, NY 12853
1-518-251-2541
hhhn.org/HealthCenters

Washington County

Cambridge Family Health Center
35 Gilbert St
Cambridge, NY 12816
1-518-677-3961
glensfallshospital.org

* If you get care from a doctor or center not in your health plan network, you may have to pay much more out of your own pocket.

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