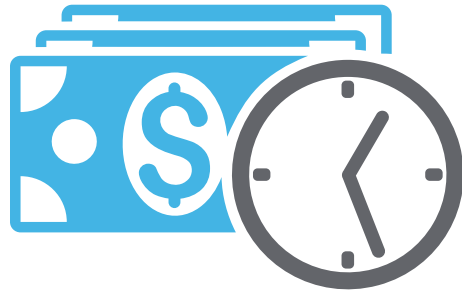


A Guide to Your Care Options

Save time and money

by choosing the right care. Remember that emergency room visits are expensive and aren't necessary for illnesses or injuries that aren't life threatening.

Use this guide to help you get the right care when you need it.



Primary care provider

See your PCP for routine and preventive care that isn't an emergency. Your PCP may offer telehealth options such as a video visit or email check-in.

For example, your ankle is swollen but isn't painful.



HMSA's Online Care®

Connect with doctors and specialists online from anywhere in Hawaii, 24 hours a day, seven days a week. There's no copayment for Online Care visits.

Use Online Care for the same reasons you'd see your PCP.



Urgent care providers

Go to an urgent care provider if you have a health concern that isn't an emergency but needs attention sooner than you can see your doctor.

For example, your knee is swollen and painful but you can walk with some assistance.



Emergency room

Go to the emergency room if you need immediate care in a hospital setting and/or you're experiencing a life-threatening symptom.

For example, you think you're having a heart attack.

More tips



- ✓ Use the directory on the back page to find an urgent care provider near you. Services vary at each location, so call ahead to make sure they can provide the services you need.
- ✓ Register for HMSA's Online Care now so it's easy to log in when you need it. Go to hmsaonlinecare.com to register and download the app on your smartphone.
- ✓ Follow up with your PCP after an urgent care or Online Care visit.

Participating Urgent Care Clinics

Hawaii Island

Aloha Kona Urgent Care

75-5995 Kuakini Highway,
Suite 213
Kailua-Kona Ph. 365-2297
Monday-Friday: 11:30 a.m.-9 p.m.
Saturday-Sunday: 1-9 p.m.

Hilo Urgent Care Center

670 Kekuanaoa St.
Hilo Ph. 969-3051
Monday-Friday:
8:30 a.m.-6:30 p.m.
Saturday-Sunday:
8:30 a.m.-4:30 p.m.

Hilo Urgent Care Center

16-590 Old Volcano Road
Keaau Ph. 966-7942
Monday-Friday:
8:30 a.m.-6:30 p.m.
Saturday-Sunday:
8:30 a.m.-4:30 p.m.

Waimea Urgent Care

65-1230 Mamalahoa Highway,
Suite A10
Kamuela Ph. 885-0660
Monday-Friday:
8:30 a.m.-6:30 p.m.
Saturday-Sunday:
8:30 a.m.-4:30 p.m.

Kauai

Hale Lea Medicine and Urgent Care

2460 Oka St., Suite 101A
Kilauea Ph. 828-2885
Monday-Friday: 8 a.m.-5 p.m.
Saturday: 9 a.m.-5 p.m.
Sunday: 9 a.m.-4 p.m.

Kauai Urgent Care

4484 Pahee St.
Lihue Ph. 245-1532
Daily: 8 a.m.-7 p.m.

Makana North Shore Urgent Care

4488 Hanalei Plantation Road
Princeville Ph. 320-7300
Daily: 7 a.m.-5 p.m.

Urgent Care at Poipu

2829 Ala Kalani Kaumaka St.
Suite B-201
Koloa Ph. 742-0999
Monday-Friday: 8:30 a.m.-7 p.m.
Saturday-Sunday:
8 a.m.-4:30 p.m.

Maui

Doctors On Call

3350 Lower Honoapiilani Road,
Suite 211
Lahaina Ph. 667-7676
Monday-Friday: 8 a.m.-3 p.m.

Doctors On Call

3750 Wailea Alanui Dr., Suite B34
Wailea Ph. 667-7676
Opening soon

Kihei-Wailea Medical Center

221 Piikea Ave., Suite A
Kihei Ph. 874-8100
Monday-Friday: 8 a.m.-8 p.m.
Saturday-Sunday: 8 a.m.-5 p.m.

Minit Medical Urgent Care Clinic

270 Dairy Road, Suite 239
Kahului Ph. 667-6161
Monday-Saturday: 8 a.m.-7 p.m.
Sunday: 8 a.m.-4 p.m.

Minit Medical Urgent Care Clinic

305 Keawe St., Suite 507
Lahaina Ph. 667-6161
Monday-Saturday: 8 a.m.-6 p.m.
Sunday: 8 a.m.-4 p.m.

Minit Medical Urgent Care Clinic

1325 S. Kihei Road, Suite 103
Kihei Ph. 667-6161
Monday-Saturday: 8 a.m.-6 p.m.
Sunday: 8 a.m.-4 p.m.

The Maui Medical Group Inc.

2180 Main St.
Wailuku Ph. 242-6464
Monday-Friday: 8 a.m.-7 p.m.
Saturday-Sunday: 8 a.m.-4 p.m.

The Maui Medical Group Inc.

130 Prison St.
Lahaina Ph. 249-8080
Monday-Friday: 8 a.m.-7 p.m.
Saturday-Sunday: 9 a.m.-1 p.m.

Oahu

All Access Ortho

1401 S. Beretania St., Suite 102
Honolulu Ph. 356-5699
Monday-Friday: 8 a.m.-8 p.m.
Saturday-Sunday: 9 a.m.-5 p.m.

All Access Ortho

4850 Kapolei Parkway, Bldg. F
Kapolei Ph. 356-5699
Monday-Friday: 8 a.m.-8 p.m.
Saturday-Sunday: 9 a.m.-5 p.m.

All Access Ortho

95-1830 Meheula Parkway,
Suite C10-11
Mililani Ph. 356-5699
Monday-Friday: 8 a.m.-8 p.m.
Saturday-Sunday: 9 a.m.-5 p.m.

Braun Urgent Care Kailua

130 Kailua Road, Suite 111
Kailua Ph. 261-4411
Daily: 8 a.m.-1:30 p.m.,
2 p.m.-5 p.m.

Doctors of Waikiki

120 Kaiulani Ave., Wing 10 & 11
Honolulu Ph. 922-2112
Daily: 8 a.m.-midnight

Kalihi Kai Urgent Care

2070 N. King St., Suite A1
Honolulu Ph. 841-2273
Monday-Friday: 8 a.m.-noon,
1 p.m.-4 p.m.
Saturday-Sunday: 9 a.m.-1 p.m.

Kunia Urgent Care

94-673 Kupuohi St., Suite C201
Waipahu Ph. 983-9175
Sunday-Tuesday: 8:30 a.m.-7 p.m.
Wednesday: 8:30 a.m.-2 p.m.
Thursday-Saturday:
8:30 a.m.-7 p.m.

Queen's Island Urgent Care

1215 Hunakai St.
Honolulu Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

98-199 Kamehameha Highway,
Bldg. F
Aiea Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

449 Kapahulu Ave., Suite 104
Honolulu Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

91-6390 Kapolei Parkway
Ewa Beach Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

377 Keahole St., Suite E108
Honolulu Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

400 Keawe St.
Honolulu Ph. 735-0007
Daily: 8 a.m.-8 p.m.

Straub Kapolei Clinic & Urgent Care

91-5431 Kapolei Parkway,
Suite 1706
Kapolei Ph. 426-9300
Daily: 10 a.m.-8 p.m.

Straub Doctors On Call

2255 Kalakaua Ave., Manor Wing
Shop No. 1
Honolulu Ph. 971-6000
Daily: 10 a.m.-8 p.m.

Straub Kahala Clinic & Urgent Care

4210 Waiialae Ave., Suite 501
Honolulu Ph. 462-5300
Daily: 10 a.m.-8 p.m.

Straub Ward Village Clinic & Urgent Care

1001 Queen St., Suite 102
Honolulu Ph. 462-5200
Daily: 10 a.m.-8 p.m.

Urgent Care Hawaii

660 Kailua Road
Kailua Ph. 263-2273
Monday-Friday: 7 a.m.-7 p.m.
Saturday-Sunday: 8 a.m.-6 p.m.

Urgent Care Hawaii

890 Kamokila Blvd., Suite 106
Kapolei Ph. 521-2273
Monday-Friday: 7 a.m.-7 p.m.
Saturday-Sunday: 8 a.m.-6 p.m.

Urgent Care Hawaii

1245 Kuala St., Suite 103
Pearl City Ph. 784-2273
Monday-Friday: 7 a.m.-7 p.m.
Saturday-Sunday: 8 a.m.-6 p.m.

Windward Urgent Care

46-001 Kamehameha Highway,
Suite 107
Kaneohe Ph. 247-7596
Daily: 8 a.m.-9 p.m.

Hours and locations may change. Please call the clinic for the latest information.

For a current list of participating urgent care providers, visit hmsa.com/urgentcare.