Save time and money by choosing the right care options. When you need care, remember that emergency room visits are expensive and aren’t necessary for illnesses or injuries that aren’t life threatening.

Use this guide so you know where to go for your care.

**Primary care provider**

See your PCP for routine and preventive care that isn’t an emergency.

*For example*, if you have swelling in your ankle that isn’t painful, but you’d like to get it checked out.

**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 would 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*, if your ankle is swollen and painful but you can still 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 emergency.

*For example*, if you fracture your ankle and you’re in severe pain.

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**More tips**

- Use the directory on the back page to locate an urgent care provider near you. Services vary at each location, so call ahead to ensure the services you need are available.

- 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**

**Hilo Urgent Care Center**
670 Kekuanaoa St.
Hilo Ph. 969-3051
Monday–Friday: 8:30 a.m.–8:30 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.

**Transformation Health Network**
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.

**Waimea Urgent Care**
65-1230 Mamalahoa Highway,
Suite A10
Kamuela Ph. 885-0660
Monday–Friday: 8:30 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–4 p.m.

**Kauai**

**Kauai Community Health Alliance**
2460 Oka St., Suite 101A
Kilauea Ph. 828-2885
Monday–Friday: 8 a.m.–7 p.m.
Saturday–Sunday: 9 a.m.–5 p.m.

**Kauai Medical Clinic**
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.–10 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.

**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**
305 Keawe St., Suite 507
Lahaina Ph. 670-1994
Sunday: 8 a.m.–4 p.m.
Saturday: 8 a.m.–6 p.m.
Monday–Friday: 8 a.m.–7 p.m.

**All Access Ortho**
4850 Kapolei Pkwy., 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 Mehuena 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.–8 p.m.

**Doctors of Waikiki**
120 Kailua Ave., Wing 10 & 11
Honolulu Ph. 922-2112
Daily: 8 a.m.–Midnight

**Island Urgent Care (QMC)**
98-199 Kamehameha Hwy., Suite F
Aiea Ph. 735-0007
Monday–Friday: 8 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–5 p.m.

**Island Urgent Care (QMC)**
400 Keawe St.
Honolulu Ph. 735-0007
Daily: 8 a.m.–8 p.m.

**Island Urgent Care (QMC)**
449 Kapahulu Ave., Suite 104
Honolulu Ph. 735-0007
Daily: 8 a.m.–8 p.m.

**Island Urgent Care (QMC)**
660 Kalanianaole Hwy., Suite 114A
Honolulu Ph. 735-0007
Daily: 8 a.m.–8 p.m.

**Kunia Urgent Care**
94-673 Kupuohi St., Suite C201
Windward Urgent Care Services
Monday–Friday: 7 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–6 p.m.

**Kailua Urgent Care Services**
36-500 Liloa St., Suite 160
Kailua Ph. 263-2273
Monday–Friday: 8 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–5 p.m.

**US Med Urgent Care**
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.

**US Med Urgent Care**
1245 Pearl St., Suite 103
Pearl City Ph. 784-2273
Monday–Friday: 7 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–6 p.m.

**Windward Urgent Care Services**
46-001 Kamehameha Hwy,
Suite 107
Kaneohe Ph. 247-7596
Daily: 8 a.m.–9 p.m.

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

*Queen’s Medical Center*

Most urgent care clinics are closed on Thanksgiving Day, Christmas Day, and New Year’s Day.