If You Need Urgent Medical Services

A BETTER ALTERNATIVE TO GOING TO THE EMERGENCY ROOM

When you need medical assistance or have medical questions and can't reach your doctor, Independent Health provides you with options that make it easy to get the care and service you need – when you need it.

- **Call the 24-Hour Medical Help Line at 1-800-501-3439 and speak to a nurse about your health concern.**
- Get access to urgent medical services – an alternative to emergency rooms if you are not experiencing a life-threatening condition.

ADVANTAGES

- Your doctor is automatically notified to determine appropriate follow-up care.
- Shorter wait times than emergency rooms for non-emergency care.

URGENT MEDICAL SERVICE PROVIDERS

AMHERST

MedFirst Urgent Care
3980 Sheridan Dr., Amherst
(716) 701-MEDI (6331)
Mon.–Sun., 9 a.m.–9 p.m.
(check-in 8:30 a.m.)
Holiday hours, 9:30 a.m.–5:30 p.m.

Urgent Care by Lifetime Health
Amherst Health Center
1185 Sweet Home Rd., Amherst
(716) 656-4040 for appt. or walk-in.
Mon.–Fri., noon–10 p.m.
Sat. and Sun., 10 a.m.–8:30 p.m.

WNY Immediate Care
2099 Niagara Falls Blvd., Amherst
(716) 564-2273
Mon.– Fri, 10 a.m.–10 p.m.
Sat. and Sun., 9 a.m.– 8 p.m.
Holiday hours vary; please call.

BUFFALO

Express Medical Care of WNY
2949 Elmwood Ave., Buffalo
(716) 876-4362
Mon.–Sat., 10 a.m.–9 p.m.
Sun., noon–8 p.m.

Urgent Care by Lifetime Health
Mosher Health Center
899 Main St., Buffalo
(716) 656-4040 for appt. or walk-in.
Mon.–Fri., noon–10 p.m.
Sat., 1–8:30 p.m.
Sun., 2–5:30 p.m.

West Side Urgent Care P.L.L.C.
564 Niagara St., Buffalo
(716) 332-0058
Mon.–Fri., 5–10 p.m.
Sat. and Sun., noon–5 p.m.

CUBA

Cuba Memorial Hospital
140 W. Main St., Cuba
(585) 968-2000
Open 24 hours, Mon.–Sun.
Includes holidays.

EAST AMHERST

Reddy Care Urgent Medical Center
6161 Transit Rd., #6, E. Amherst
(716) 688-6161
Mon.–Fri., 9 a.m.–6 p.m.
Sat., Sun. and holidays,
11 a.m.–4 p.m.

HAMBURG

Urgent Care by Lifetime Health
Hamburg Health Center
151 Elmview Ave., Hamburg
(716) 656-4040 for appt. or walk-in.
Mon.–Fri., noon–8 p.m.
Sat., 1–8:30 p.m.
Holiday hours available; call ahead.

JAMESTOWN

Jamestown Convenience Care
320 Prather Ave., Suite 200
Jamestown
(716) 338-9797
Mon.–Fri., noon–8 p.m.
Sat., 9 a.m.–3 p.m. appt. or walk-in.
Closed Sundays and major holidays.

LANCASTER

MedFirst Urgent Care
4827 Transit Rd., Lancaster
(716) 701-MED1 (6331)
Mon.–Sun., 9 a.m.–9 p.m.
(check-in 8:30 a.m.)
Holiday hours, 9:30 a.m.–5:30 p.m.

(Continued on other side.)

Independent Health®

URGENT MEDICAL SERVICE PROVIDERS

OLEAN

MedFirst Urgent Care
921 Wayne St., Olean
(716) 701-MED1 (6331)
Mon.–Sun., 9 a.m.–9 p.m.
(check-in 8:30 a.m.)
Holiday hours, 9:30 a.m.–5:30 p.m.

ORCHARD PARK

WNY Immediate Care
3050 Orchard Park Rd.
Orchard Park, (716) 675-3700
Mon.–Fri., 10 a.m.–10 p.m.
Sat. and Sun., 9 a.m.–8 p.m.
Holiday hours vary; please call.

WEST SENECA

Urgent Care by Lifetime Health
West Seneca Health Center
120 Gardenville Parkway W.
West Seneca
(716) 656-4040 for appt. or walk-in.
Mon.–Fri., noon–10 p.m.
Sat. and Sun., 10 a.m.–8:30 p.m.
Holiday hours available; call ahead.

WILLIAMSVILLE

Pediatric Adolescent Urgent Care of WNY
1800 Maple Rd., Suite 100
Williamsville, (716) 636-KIDS (5437)
Mon.–Fri, 4 p.m.–12 a.m.
Sat. and Sun., noon–12 a.m.

WNY Immediate Care
7616 Transit Rd., Williamsville
(716) 204-2273
Mon.–Fri., 9 a.m.–10 p.m.
Sat. and Sun., 9 a.m.–8 p.m.
Holiday hours vary; please call.

SPECIALIZED IMMEDIATE CARE

Excelsior Express Orthopaedics
(Immediate Care for orthopaedic injuries, such as fractures, sprains and strains.)
3925 Sheridan Dr., Amherst
(716) 250-9999
Mon.–Fri., 8 a.m.–9 p.m.
Sat., 2–7 p.m.
Closed on Sundays.

Lakeside Urgent Care Center
8745 Lake Street Rd. (Rte. 19)
LeRoy, (585) 768-2776
Mon.–Fri., 11 a.m.–7 p.m.
Sat., Sun. and holidays, 9 a.m.–5 p.m.

42 Nichols St., Spencerport
(585) 349-7094
Mon.–Fri., 11 a.m.–9 p.m.
Sat., Sun. and holidays, 9 a.m.–7 p.m.

Kidz Xpress
(Pediatric After-Hours Care)
Meadowbrook Square Plaza
3571 Niagara Falls Blvd., Unit 14
N. Tonawanda
(716) 693-6365
Mon.–Fri., 6–11 p.m.
Sat., noon–8 p.m.
Sun., 11 a.m.–5 p.m.

University Orthopaedics Immediate Care
(Immediate Care for orthopaedic injuries, such as fractures, sprains and strains.)
4949 Harlem Rd., Amherst

Mon.–Fri., 8 a.m.–5 p.m.
(716) 204-3202

Mon.–Thurs., 5–9 p.m.
(716) 204-3219

Sat., 9 a.m.–1 p.m.
(716) 204-3219

Closed on Sundays.

If you have questions regarding copays, deductibles or coinsurance, please call Member Services at (716) 631-8701 or 1-800-501-3439, Monday through Friday 8 a.m. to 8 p.m.

independenthealth.com

©2011 Independent Health Association, Inc.
IH12599

Independent Health®
Dedicated to Making a Difference