

A Guide to Your HMSA 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 primary care provider (PCP) for routine and common medical issues like fever, minor symptoms of the flu or a cold, chronic condition management, medication refills, or general care.



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 when your PCP isn't available.



Urgent care providers

Go to an urgent care provider when you need care in person sooner than you can see your doctor.

For example, you need stitches or have a high fever or sprained ankle.



Emergency room

Go to the emergency room when you have life-threatening symptoms.

For example, you have difficulty breathing or chest pain.



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 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 Hwy., Suite 213
Kailua-Kona Ph. (808) 365-2297
Monday, Tuesday, Thursday: 8 a.m.-4 p.m.
Wednesday, Friday: 10 a.m.-6 p.m.
Saturday: 1-9 p.m.

Hilo Urgent Care

670 Kekuanaoa St.
Hilo Ph. (808) 969-3051
Monday–Friday: 8:30 a.m.-6:30 p.m.
Saturday–Sunday: 8:30 a.m.-4:30 p.m.

Keaau Urgent Care

16-590 Old Volcano Rd.
Keaau Ph. (808) 966-7942
Monday–Friday: 8:30 a.m.-6:30 p.m.
Saturday–Sunday: 8:30 a.m.-4:30 p.m.

Kohala Coast Urgent Care

62-100 Kaunaoa Dr.
Kamuela Ph. (808) 880-3321
Monday–Friday: 9 a.m.-5 p.m.
Saturday: 9 a.m.-2 p.m.

Waimea Urgent Care

65-1230 Mamalahoa Hwy., Suite A10
Kamuela Ph. (808) 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. (808) 828-2885
Monday–Friday: 8 a.m.-6 p.m.
Saturday–Sunday: 9 a.m.-1 p.m.

Kauai Urgent Care

4484 Pahee St.
Lihue Ph. (808) 245-1532
Monday–Friday: 8 a.m.-7 p.m.
Saturday–Sunday: 8 a.m.-4 p.m.

Makana North Shore Urgent Care

4488 Hanalei Plantation Rd.
Princeville Ph. (808) 320-7300
Monday–Friday: 7 a.m.-7 p.m.
Saturday–Sunday: 8 a.m.-4 p.m.

Urgent Care at Poipu

2829 Ala Kalani Kaumaka St., Suite B-201
Koloa Ph. (808) 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 Rd., Suite 211
Lahaina Ph. (808) 667-7676
Temporarily closed

Doctors On Call

3750 Wailea Alanui Drive., Suite B34
Wailea Ph. (808) 875-7676
Monday–Saturday: 8 a.m.-6 p.m.
Saturday: 8 a.m.-4 p.m.

Kihei-Wailea Medical Center

221 Piikea Ave., Suite A
Kihei Ph. (808) 874-8100
Monday–Friday: 8 a.m.-6 p.m.
Saturday: 8 a.m.-5 p.m.
Sunday: 8 a.m.-1 p.m.

Malama I Ke Ola Health Center

1881 Nani St.
Wailuku Ph. (808) 871-7772
Monday–Thursday: 7:30 a.m.-7 p.m.
Friday: 9 a.m.-5 p.m.
Saturday: 8:45 a.m.-12:30 p.m.

Malama I Ke Ola Health Center

670 Waiale Rd., Apt A
Wailuku Ph. (808) 872-4020
Monday–Thursday: 8 a.m.-5 p.m.
Friday: 9:40 a.m.-5 p.m.

Minit Medical Urgent Care Clinic

270 Dairy Rd., Suite 239
Kahului Ph. (808) 667-6161
Monday–Wednesday: 8 a.m.-9 p.m.
Thursday–Friday: 8 a.m.-7 p.m.
Saturday: 8 a.m.-6 p.m.
Sunday: 8 a.m.-4 p.m.

Minit Medical Urgent Care Clinic

305 Keawe St., Suite 507
Lahaina Ph. (808) 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 Rd., Suite 103
Kihei Ph. (808) 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. (808) 249-8080
Monday–Friday: 8 a.m.-8 p.m.
Saturday–Sunday: 8 a.m.-4 p.m.

The Maui Medical Group Inc.

130 Prison St.
Lahaina Ph. (808) 249-8080
Temporarily closed

Oahu

Adventist Health Castle

Urgent Care Kailua
660 Kailua Rd.
Kailua Ph. (808) 263-2273
Daily: 8 a.m.-6 p.m.

Adventist Health Castle

Urgent Care Kapolei
890 Kamokila Blvd., Suite 106
Kapolei Ph. (808) 521-2273
Monday–Friday: 8 a.m.-7 p.m.
Saturday–Sunday: 8 a.m.-6 p.m.

Adventist Health Castle

Urgent Care Pearl City
1245 Kuala St., Suite 103
Pearl City Ph. (808) 456-2273
Monday–Friday: 7 a.m.-7 p.m.
Saturday–Sunday: 8 a.m.-6 p.m.

Adventist Health Castle

Urgent Care Waikiki
1860 Ala Moana Blvd., Suite 101
Honolulu Ph. (808) 921-2273
Monday–Friday: 8 a.m.-6 p.m.

All Access Ortho

1401 S. Beretania St., Suite 102
Honolulu Ph. (808) 356-5699
Monday–Friday: 8 a.m.-8 p.m.
Saturday–Sunday: 9 a.m.-5 p.m.

All Access Ortho

4850 Kapolei Pkwy., Bldg. F
Kapolei Ph. (808) 356-5699
Monday–Friday: 8 a.m.-8 p.m.
Saturday–Sunday: 9 a.m.-5 p.m.

All Access Ortho

95-1830 Meheula Pkwy., Suite C10-11
Mililani Ph. (808) 356-5699
Monday–Friday: 8 a.m.-8 p.m.
Saturday–Sunday: 9 a.m.-5 p.m.

Braun Urgent Care Kailua

130 Kailua Rd., Suite 111
Kailua Ph. (808) 261-4411
Monday–Friday: 8 a.m.-8 p.m.
Saturday–Sunday: 8 a.m.-5 p.m.

Doctors of Waikiki

120 Kaiulani Ave., Wing 10 & 11
Honolulu Ph. (808) 922-2112
Daily: 8 a.m.–midnight

Kalihi Kai Urgent Care

2070 N. King St., Suite A1
Honolulu Ph. (808) 841-2273
Monday–Friday: 8 a.m.-5 p.m.
Saturday–Sunday: 9 a.m.-1 p.m.

Kunia Urgent Care

94-673 Kupuohi St., Suite C201
Waipahu Ph. (808) 983-1671
Daily: 8:30 a.m.-7 p.m.

NIU Health Ala Moana

1450 Ala Moana Blvd., Suite 2230
Honolulu Ph. (808) 888-4800
Daily: 8 a.m.-6 p.m.

NIU Health Hawaii Kai

6600 Kalanianaʻole Hwy., Suite 114A
Honolulu Ph. (808) 888-4800
Daily: 8 a.m.-6 p.m.

Orthopedics Hawaii

120 Kaiulalani Ave., Suite KW12
Honolulu Ph. (808) 744-3360
Monday, Thursday: 9 a.m.-noon
Tuesday, Wednesday, Friday: 9 a.m.-5 p.m.

Queen's Island Urgent Care

Ewa Kapolei
91-6390 Kapolei Pkwy.
Ewa Beach Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care Kahala

1215 Hunakai St.
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care Kakaako

400 Keawe St., Suite 100
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care Kapahulu

449 Kapahulu Ave., Suite 104
Honolulu Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Queen's Island Urgent Care

Pearl Kai
98-199 Kamehameha Hwy., Bldg. F
Aiea Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Straub Kapolei Clinic & Urgent Care

91-5431 Kapolei Pkwy., Suite 1706
Kapolei Ph. (808) 426-9300
Daily: 10 a.m.-8 p.m.

Straub Doctors On Call

2255 Kalakaua Ave.,
Manor Wing Shop No. 1
Honolulu Ph. (808) 971-6000
Daily: 10 a.m.-8 p.m.

Straub Kahala Clinic & Urgent Care

4210 Waialae Ave., Suite 501
Honolulu Ph. (808) 462-5300
Daily: 10 a.m.-8 p.m.

Straub Ward Village Clinic & Urgent Care

1001 Queen St., Suite 102
Honolulu Ph. (808) 462-5200
Daily: 10 a.m.-8 p.m.

Windward Urgent Care

46-001 Kamehameha Hwy., Suite 107
Kaneohe Ph. (808) 247-7596
Daily: 8 a.m.-7 p.m.

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

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

These options aren't a substitute for
emergency care. If you experience
life-threatening conditions such as a
stroke or difficulty breathing, call 911 or
go to the emergency room immediately.

Most urgent care clinics are closed
on Thanksgiving Day, Christmas Day,
and New Year's Day. Services vary by
location. Call the clinic to ask about
specific services.