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
760 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.

HiMed Urgent Care Center
16-590 Old Volcano Road
Keaau Ph. 967-7942
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: 8:30 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.

Mau

Doctors on Call
3350 Lower Honoapiilani Road,
Suite 211
Lahaina Ph. 667-7676
Daily: 8 a.m.–9 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
270 Dairy Road, Suite 239
Kahului Ph. 667-6161
Monday–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
1325 S. Kihei Road, Suite 103
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.

The Maui Medical Group Inc.
2180 Main St.
Wailuku Ph. 242-6646
Monday–Friday: 8 a.m.–9 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: 8 a.m.–5 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 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
95-1380 Meheula Parkway,
Suite C10-11
Miliwai 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 Kauiulani Ave., Wing 10 & 11
Honolulu Ph. 922-2112
Daily: 8 a.m.–midnight

Island Urgent Care (QMC)*
90-199 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)*
6600 Kalanianaole Hwy.,
Suite 114A
Honolulu Ph. 735-0007
Daily: 8 a.m.–8 p.m.

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

Kona Urgent Care
221 Piikea Ave., Suite A
Kihei Ph. 874-8100
Monday–Friday: 8 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–6 p.m.

Minit Medical Urgent Care Clinic
Wailuku Ph. 983-9175
Daily: 8 a.m–8 p.m.

Minit Medical Urgent Care Clinic
3350 Lower Honoapiilani Road,
Suite 211
Lahaina Ph. 667-7676
Daily: 8 a.m.–9 p.m.

Minit Medical Urgent Care Clinic
270 Dairy Road, Suite 239
Kahului Ph. 667-6161
Monday–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
1325 S. Kihei Road, Suite 103
Minit Medical Urgent Care Clinic
305 Keawe St., Suite 507
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Monday–Saturday: 8 a.m.–6 p.m.
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130 Prison St.
Lahaina Ph. 249-8080
Monday–Friday: 8 a.m.–7 p.m.
Saturday–Sunday: 8 a.m.–5 p.m.

*Queen’s Medical Center
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 at locations. Call the clinic to ask about specific services.