

for Urgent Care

New Castle County

GLASGOW MEDICAL AID UNIT

2600 Glasgow Avenue,
Newark, DE **302.836.8350**
Mon.-Sat. 8:00 AM-8:00 PM
Sun. & Holidays 9:00 AM-5:00 PM

GO CARE AT ABBEY

STE. 106, 1 Centurian Dr.,
Newark, DE **302.999.0003**
Mon.-Sat. 9:00 AM-9:00 PM
Sun. & Holidays 10:00 AM-6:00 PM

HOCKESSIN WALK IN MEDICAL CARE

316 Lantana Dr.,
Hockessin, DE **302.234.4000**
Mon.-Sat. 12 Noon-8:00 PM
Sunday 12 Noon-5:00 PM
Holidays 12 Noon-4:00 PM

LIMESTONE MEDICAL AID UNIT

1941 Limestone Rd.,
Wilmington, DE **302.992.0500**
Mon.-Sat. 9:00 AM-8:00 PM
Sun. & Holidays 9:00 AM-5:00 PM

MIDDLETOWN MEDICAL AID UNIT

124 Sleepy Hollow Dr.,
Middletown, DE **302.449.3100**
Mon.-Sat. 8:00 AM-8:00 PM
Sun. & Holidays 9:00 AM-5:00 PM

SILVERSIDE MEDICAL AID UNIT

2700 Silverside Rd.,
Wilmington, DE **302.478.1100**
Mon.-Sat. 9:00 AM-9:00 PM
Sun. & Holidays 9:00 AM-5:00 PM

TAKE CARE HEALTH DELAWARE

216 Suburban Dr.,
Newark, DE **866.825.3227**
Mon.-Fri. 8:00 AM-7:30 PM
Sat. & Sun. 9:30 AM-5:00 PM

TAKE CARE HEALTH DELAWARE

1710 Faulkland Rd.,
Wilmington, DE **866.825.3227**
Mon.-Fri. 8:00 AM-7:30 PM
Sat. & Sun. 9:30 AM-5:00 PM

THE MEDICAL AID UNIT AT CHRISTIANA

(across from Christiana Hospital)
200 Hygeia Dr.,
Newark, DE **302.623.0444**
Mon.-Sat. 8:00 AM-8:00 PM
Sun. & Holidays 9:00 AM-5:00 PM

Kent County

DOC IN A BOX

WALK+IN MEDICAL CARE
Ste. 100, 1020 Forest Ave.,
Dover, DE **302.730.1110**
Mon-Fri 7:30 AM- 7:30 PM
Sat. & Sun. 9:00 AM- 5:00 PM

DOC IN A BOX

WALK+IN MEDICAL CARE
Ste. 1, 379 Walmart Dr.,
Camden, DE **302.698.4441**
Mon-Fri 7:30 AM- 7:30 PM
Sat. & Sun. 9:00 AM- 5:00 PM

Eden Hill Express Care

200 Banning St.,
Dover, DE **302.883.0059**
Mon-Fri 8:00 AM- 8:00 PM
Sat. & Sun. 9:00 AM- 5:00 PM

MEDICAL AID UNIT AT SMYRNA

Ste. 101, 100 S. Main St.,
Smyrna, DE **302.659.4545**
Mon.-Sat. 7:00 AM-8:00 PM
Sun. 9:00 AM-5:00 PM

Sussex County

AMBIENT MEDICAL CARE

Ste. 2, 2449 Sussex Highway,
Seaford, DE **302.629.3099**
Mon-Fri 9:00 AM-8:00 PM
Sat. & Sun. 9:00 AM-5:00 PM

BEEBE HEALTH CARE CENTER

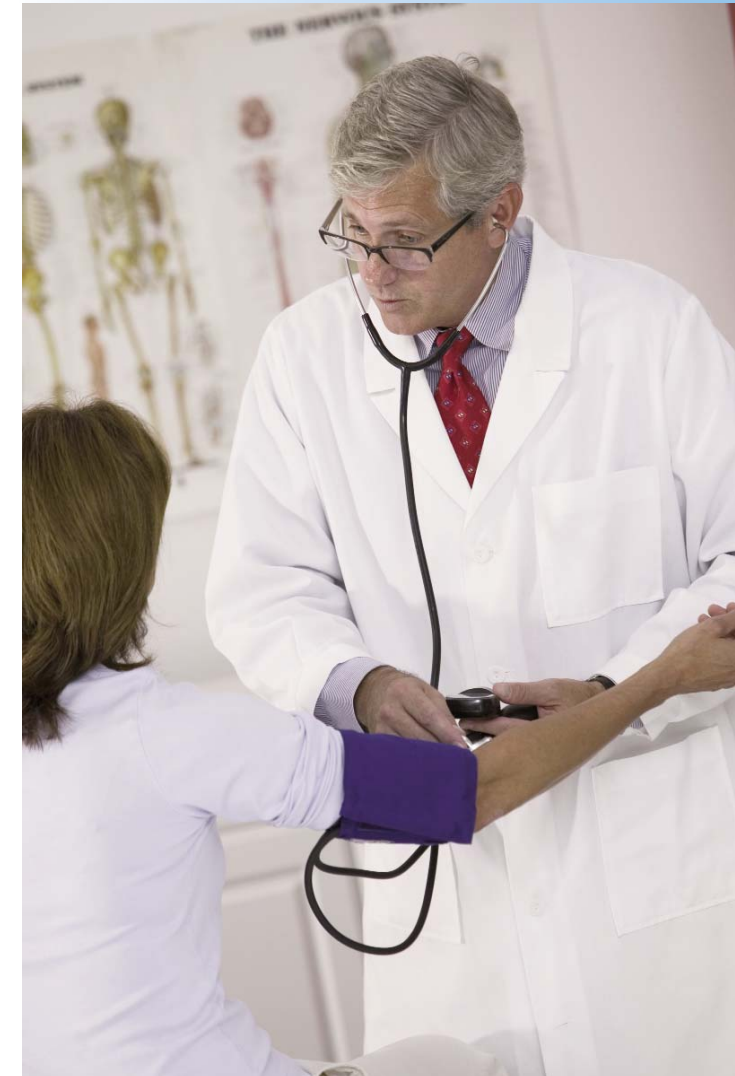
WALK-IN CARE AT K-MART
19563 Coastal Highway,
Rehoboth Beach, DE **302.227.6231**
Mon-Fri 9:00 AM-9:00 PM
Sat. 9:00 AM-7:00 PM
Sun. 9:00 AM-6:00 PM

MEDICAL ALTERNATIVE CARE, OCCUPATIONAL HEALTH & WALK-IN

301 Jefferson Avenue,
Milford, DE **302.430.5705**
Mon.-Fri. 7:30 AM-5:00 PM

MEDICAL AID UNIT AT LONGNECK

C16 Bayshore Plaza
25935 Plaza Dr.,
Milford, DE **302.947.4111**
Mon.-Sat. 8:30 AM-5:00 PM



BlueCross BlueShield of Delaware

Working well together.
bcbsde.com

Blue Cross Blue Shield of Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

What can an MAU do for you?

MAUs treat common ailments and injuries including:

- Minor lacerations requiring stitches
- Joint sprains
- Cuts and minor burns
- Most broken bones
- Headaches
- Pediatric medical problems (e.g., eye and ear infections)
- Muscle, joint and back pain
- Mild asthma attacks
- Fevers and flu
- Allergies
- Routine infections, such as ear, throat, sinus and bladder infections
- Coughs and colds
- Sexually transmitted infections
- Emergency contraceptive care
- Mild or moderate vaginal bleeding
- Skin irritation or skin infection

How do MAUs work?

MAUs are staffed by board certified physicians who receive assistance from licensed nurses. The units feature on-site diagnostic equipment, including x-ray and laboratory services, and are generally open at times when your doctor's office may be closed. There is usually a minimal wait time until you can be seen by the doctor, and he/she has access to the same types of medical specialists who might need to see you if you were in an emergency department.



Are MAUs a covered health benefit?

MAU services are covered by your health benefits plan. The cost to you (your copay) is lower if you seek care from a medical aid unit or urgent care center, instead of an ER. Additionally, to see the most up-to-date list of MAUs and their locations, visit bcbsde.com, click on *Find Doctor, Lab, Hospital* and choose *Urgent Care Center (Medical Aid Unit)* from the *Health Facilities or Ancillary Provider* drop-down menu.

When should I go to an ER?

Remember, an MAU may not always be your best option. While MAUs are appropriate for common conditions and injuries, life-threatening symptoms, such as chest pains, symptoms of stroke, severe headaches, excessive bleeding or vomiting are best handled by an ER or emergency department. Please be sure to use your best

judgment in any medical situation. If you believe that you have a life-threatening emergency and do not have time to speak with your doctor, then proceed to the nearest emergency room for care. Please note, non-emergency visits to ERs are not covered under your health benefits. *While not a trauma center, a freestanding ER is open 24/7, and is generally able to treat most emergencies. It is important to note that a freestanding ER falls under your health plan's Emergency Facility definition, which means the cost may be higher to you if you choose to be treated there instead of at an MAU.*

If you have any questions, please contact Customer Service at the number on your Blue Cross Blue Shield of Delaware ID card.

Did you know that a Medical Aid Unit (MAU) provides urgent care and may be a less expensive alternative to a hospital emergency department or an ER?

What are MAUs?

Medical Aid Units (also known as Urgent Care Facilities) treat injuries or illnesses that are not life-threatening but require care within a few hours or the same day. With an MAU, you don't need an appointment, and you may avoid the longer waits you might find at a busy ER (Emergency Room).