

# Families First Patients: How To Get Care ... When You Need It Now

Call Families First!  
We'll answer 24/7.  
(603) 422-8208

## 1 Families First

support for families...health care for all



### First, call Families First!

Unless you have a true emergency, *First*, call Families First! Night or day, *your medical home is the best place to start*. You can reach us 24/7.

- **When Families First is open**, we will make an appointment for you, or you may walk in. We offer:
  - **Walk-in and same-day appointments.** For established patients only. Call ahead to reduce wait time.
  - **Early-morning and early evening appointments**
- **If Families First is not open**, you will hear instructions on how to speak with a nurse (yes, a real person). We also have a doctor on call for you.

Families First | (603) 422-8208  
100 Campus Drive, Portsmouth  
M-F 8:30–5:00 (or longer)

Families First - Seabrook | (603) 766-2626  
*(closed thru fall 2018)*  
146 Lafayette Road, Seabrook **\$**

### WALK-IN CLINICS

Clear Choice MD | 427-8539  
750 Lafayette Rd., Portsmouth  
7 days/week 8 AM–8 PM

CVS Minute Clinic | 926-2885  
321 Lafayette Rd., Hampton  
M-F 8–7, Sat. 9–5:30, Sun. 10-5:30

ConvenientMD  
599 Lafayette, Portsmouth | 942-7900  
1 Portsmouth Ave., Stratham | 771-3600  
14 Webb Pl., Dover | 742-7900  
7 days/week 8 AM–8 PM

My Health Kittery | (207) 752-8652  
35 Walker St., Kittery  
M-F 7–7, Sat. & Sun. 8–5

## 2 Walk-In Clinics

- When Families First is open: Walk-in and Urgent Care Centers are *not* a good alternative to seeing your primary care provider at Families First.
- If Families First is *not* open: Our after-hours nurse will help you decide if you need to be seen right away. (Remember, First, call Families First!) If our nurse tells you that your problem is not an emergency, but can't wait until Families First is open, see list below.

(FYI: Walk-in clinics are less expensive than Urgent Care Centers.)

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## 3 ER or 9-1-1

Unnecessary ER visits or 9-1-1 calls waste your time and money. So use these only in emergencies, such as:

- Life-threatening or disabling conditions
- Chest pain; numbness in the face, arm or leg; difficulty speaking
- Severe shortness of breath
- High fever with stiff neck, mental confusion or difficulty breathing
- Sudden or unexplained loss of consciousness
- Coughing up or vomiting blood
- Possible broken bones
- Cut or wound that won't stop bleeding

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### URGENT CARE CENTERS

Wentworth-Douglass Express Care  
701 Central Ave., Dover | 609-6700  
65 Calef Hwy., Lee | 868-8507  
7 days/week 8 am–8 pm

Barrington Walk In | 664-0955  
426 Calef Hwy., Barrington  
M-F 8 am–8 pm, Sat. 8-3, Sun. 9–3

Seacoast Redicare | 692-6066  
396 High St., Somersworth  
M-Thurs. 7–7, Fri. 7–5, Sat. 8–2

*When visiting a Walk-in Clinic, Urgent Care Center or the ER, call ahead if possible. Tell them you are a patient at Families First.*