

Call First

If you believe you have a life- or limb-threatening emergency, call 911 or go directly to an emergency room. Otherwise call your Primary Care Physician first.

Doctors who care for Rocky Mountain Health Plans patients are available 24 hours a day, 7 days a week, 365 days a year.

Your Primary Care Physician can help you:

- Get the best care in the best place.
- Minimize the amount of time you spend waiting to get care.
- Keep your out-of-pocket costs (copays) lower.



ROCKY MOUNTAIN
HEALTH PLANS®

We understand Colorado. We understand you.

Emergency Room vs. Urgent Care Center

It is generally much more expensive to get care in an emergency room compared to an Urgent Care facility. If your condition is of concern but not an emergency, some doctors may take care of you in their offices after hours or even on weekends.

In the Front Range area, there are several Urgent Care centers where a doctor can treat you after hours. These are less expensive than going to the emergency room. If you're told to go to an Urgent Care facility, choose one from the list* on the back of this flyer.

You Should Use an Emergency Room When:

- Your condition is so serious you are not able to call your Primary Care Physician.
- You call your Primary Care Physician and he or she tells you to go to an emergency room.
- You are so sick or badly hurt that you might die or seriously harm your health or body if you don't get help right away.

Use Emergency Rooms for:

- chest pain
- life- and limb-threatening conditions
- loss of consciousness
- major burns
- poisonings
- severe bleeding
- spine injuries
- stroke symptoms

Use Urgent Care Centers for:

- colds
- coughs
- cuts
- diarrhea
- earache
- eye infections
- minor burns
- rashes
- sinus infections
- sore throats
- sprains
- stomach upsets
- urinary infections

Adams

After Ours Inc
3260 E 104th Ave
Thornton, CO 80233
303-861-7878

After Ours Inc
2761 W 120th Ave Ste 100
Westminster, CO 80234
303-861-7878

Denver Urgent Care
5165 W 72nd Ave
Westminster, CO 80030
303-645-4770

MedExpress Urgent Care
1050 W 104th Ave Ste B
Northglenn, CO 80234
303-480-3627

Rocky Mountain Urgent Care
18240 E 104th Ave Ste 205
Commerce City, CO 80022
877-889-1522

Westminster Urgent Care
5044 W 92nd Ave
Westminster, CO 80031
877-889-1522

Arapahoe

Concentra Urgent Care
10355 E Iliff Ave.
Aurora, CO 80247
303-755-4955

Concentra Urgent Care
3350 Peoria St.
Aurora, CO 80010
303-340-3053

Concentra Urgent Care
7150 S Fulton St., Ste 200C
Englewood, CO 80112
303-792-7368

Concentra Urgent Care
20 W Dry Creek Cir., Ste 100
Littleton, CO 80120
303-798-1009

Englewood Urgent Care
3601 S Clarkson St Ste 100
Englewood, CO 80113
877-889-1522

NextCare Arvada / Aurora
18890 E Hampden Ave
Aurora, CO 80013
800-639-8227

Rocky Mountain Urgent Care
13650 E Mississippi Ave Ste 100-B
Aurora, CO 80013
877-889-1522

Rocky Mountain Urgent Care
20250 E Smokey Hill Rd
Centennial, CO 80015
303-693-2000

Boulder

Boulder Medical Center Urgent Care
2750 Broadway
Boulder, CO 80304
303-4403000

Community Medical Center
1000 W South Boulder Rd Ste 100
Lafayette, CO 80026
303-666-4357

Concentra Urgent Care
3434 47th St., Ste. 100
Boulder, CO 80301

Longmont Clinic PC
1925 W Mountain View Ave
Longmont, CO 80501
720-494-3136

NextCare Urgent Care Longmont
2144 Main St Ste 8
Longmont, CO 80501
303-772-0041

Rocky Mountain Urgent Care
4800 Baseline Rd Ste D-106
Boulder, CO 80303
877-889-1522

Rocky Mountain Urgent Care
1551 Professional Lane Ste 170
Longmont, CO 80501
877-889-1522

Broomfield

After Ours Inc
6363 W 120th Ave Ste 202
Broomfield, CO 80020
303-861-7878

Childrens Hospital After Hours Care
Ctr-Broomfield
469 State Hwy 7
Broomfield, CO 80023
720-777-1340

NextCare Urgent Care Broomfield
4590 W 121st Ave
Broomfield, CO 80020
303-439-4544

Denver

After Ours Inc
1515 Wazee St
Denver, CO 80202
303-861-7878

Concentra Urgent Care
1212 S Broadway Ste 150
Denver, CO 80210
303-777-2777

Concentra Urgent Care
1730 Blake St., Ste 100
Denver, CO 80202
303-296-2273

Concentra Urgent Care
420 E 58th Ave., Ste 111
Denver, CO 80216
303-292-2273

Concentra Urgent Care
5855 E Stalpeton Dr N, Ste. A-130
Denver, CO 80216
303-371-7444

Denver Urgent Care LLC
One Broadway Bldg A Ste 100
Denver, CO 80203
303-455-6345

MedExpress Urgent Care
3600 E Alameda Ave Ste 100
Denver, CO 80209
303-388-3627

Douglas

20 Mile Urgent Care
11355 S Parker Rd Ste 103
Parker, CO 80134
303-407-0508

After Ours Inc
200 W County Line Rd Ste 100
Highlands Ranch, CO 80129
303-861-7878

Founders Family Medical Center &
Urgent Care
4386 Trail Boss Dr
Castle Rock, CO 80104
303-688-8666

MedExpress Urgent Care
4348 Woodlands Blvd Ste 100
Castle Rock, CO 80104
303-238-3627

MedExpress Urgent Care
9330 S University Blvd Ste 100
Highlands Ranch, CO 80126
303-346-3627

MedExpress Urgent Care
10345 S Parkglenn Ste 100
Parker, CO 80138
720-941-3627

NextCare Urgent Care County Line
2050 E County Line Rd
Highlands Ranch, CO 80126
303-798-5750

Parker Square Urgent Care PC
19641 E Parker Square Dr Ste E
Parker, CO 80134
303-805-2222

Plum Creek Medical Clinic
410 S Wilcox St
Castle Rock, CO 80104
303-688-6900

El Paso

Briargate Medical Campus
8890 N Union Blvd Ste 170
Colorado Springs, CO 80920
719-365-2888

Colorado Springs Health Partners
Urgent Care
209 S Nevada Ave
Colorado Springs, CO 80904
719-636-2999

Concentra Urgent Care
2322 S Academy Blvd.
Colorado Springs, CO 80916
719-390-1727

Concentra Urgent Care
5320 Mark Dabbling Blvd., Bldg 7
Ste. 100
Colorado Springs, CO 80918
719-592-1584

EmergiCare Medical Clinics
4083 Austin Bluffs Pkwy
Colorado Springs, CO 80918
719-594-0046

EmergiCare Medical Clinics
3002 S Academy Blvd.
Colorado Springs, CO 80907
719-390-7017

EmergiCare Medical Clinics
402 W Garden of the Gods Rd.
Colorado Springs, CO 80907
719-590-1701

EmergiCare Medical Clinics
402 W Bijou St.
Colorado Springs, CO 80905
719-302-6942

ExpressCare
2141 N Academy Cir Ste 102
Colorado Springs, CO 80909
719-597-4200

Integrity Urgent Care
4323 Integrity Center Pt
Colorado Springs, CO 80917
719-591-2558

Penrose Community Urgent Care
3205 N Academy Blvd
Colorado Springs, CO 80917
719-776-3216

Premier Urgent Care
15854 Jackson Creek Pkwy Ste 120
Monument, CO 80132
719-481-2335

Springs Medical Center
2502 E Pikes Peak Ave
Colorado Springs, CO 80909
719-365-2888

Jefferson

Concentra Urgent Care
770 Simms St., Ste. 100
Golden, CO 80401
303-239-6060

Parker Square Urgent Care PC
9605 W 49th Ave., Ste 201
Wheat Ridge, CO 80033

Exempla Lutheran Care
13402 W Coal Mine Ave
Littleton, CO 80127
303-403-6520

Exempla Urgent Care
7625 W 92nd Ave
Westminster, CO 80021
303-403-7360

MedExpress Urgent Care
605 Parfet St
Lakewood, CO 80215
303-462-3627

NextCare Arvada / Aurora
7450 W 52nd Ave Ste H
Arvada, CO 80002
800-639-8227

Rocky Mountain Urgent Care
255 Union Blvd Ste 300
Lakewood, CO 80228
877-889-1522

Rocky Mountain Urgent Care
1555 S Wadsworth Blvd
Lakewood, CO 80232
877-889-1522

Urgent Care Of Colorado PC
9116 W Bowles Ave Ste 03A
Littleton, CO 80123
303-904-2600

Larimer

Concentra Urgent Care
2620 E Prospect Rd., Ste. 160
Fort Collins, CO 80525
970-221-5811

Harmony Urgent Care
2127 E Harmony Rd Ste 140
Fort Collins, CO 80528
970-297-6250

Loveland Urgent Care
3850 Grant Ave Ste 100
Loveland, CO 80538
970-669-5717

Skyline Urgent Care
2555 E 13th St Ste 110
Loveland, CO 80537
970-461-6140

Pueblo

EmergiCare Medical Clinics
4117 N Elizabeth St.
Pueblo, CO 81008

Parkview Emergency Services
at Pueblo West
899 E Industrial
Pueblo, CO 81007
719-288-2100

Southern Colorado Clinic
3937 Ivywood Ln
Pueblo, CO 81004
719-553-0111

Southern Colorado Clinic
3676 Parker Blvd
Pueblo, CO 81008
719-553-1800

Teller

Penrose Mountain Urgent Care
Hwy 24 & 76
Woodland Park, CO 80863
719-686-0551

Weld

Greeley Medical Clinic
1900 16th St
Greeley, CO 80631
970-353-1551

Greeley Medical Clinic
2001 70th Ave
Greeley, CO 80634
970-353-1551

NextCare Urgent Care Greeley
2928 W 10th St
Greeley, CO 80634
970-351-8181