

URGENT CARE CENTERS: treat illness, take x-rays, do procedures like stitches, but they are less costly and usually involve less waiting time than an ER visit. No appointment needed.

1. Emergency One Urgent Care <http://www.eonekingston.com/directions>

4250 Albany Post Road (Rt. 9 CVS Plaza) Hyde Park, NY 12538 845-229-2602

Hours: M – F 8:00 – 8:00 Sat/Sun/Holidays: 8:00 – 4:00

Closed: Easter, Thanksgiving, Christmas, Memorial Day, Independence Day, New Year's Day

2. CareMount Urgent Care <https://www.caremount.medical.com/services-specialties/urgent-care/>

43 Pine Street, Poughkeepsie, NY 12601-3906 845-484-6564

Hours: M – F 8:00 – 7:45 Sat/Sun: 8:00 – 4:45

3. Ortho Express (*musculoskeletal problems/injuries*) <http://www.orthoadc.com/orthoexpress>

1910 South Road, Poughkeepsie, NY 12601 845-790-HELP (4357)

MEDICAL PRACTICES that participate in Marist College Student Health Insurance Plan

Patients are seen by appointment.

1. Health Quest Medical Practice 888-525-4767

<http://healthquest.org/medical-practice/health-quest-medical-practice.aspx>

locations in Poughkeepsie and Hyde Park

(10 min from campus)

2. CareMount Medical Group 845-231-5600

<https://www.caremountmedical.com/directory/locations/show/poughkeepsiecolumbia-campus>

30 Columbia Street, Poughkeepsie, NY 12601

(10 min from campus)

3. Premier Medical Group 845-790-6100

<http://www.premiermedicalhv.com/>

Internal Medicine Division (general adult medical care)

The Atrium at MidHudson Regional Hospital, 1 Webster Ave, Suite 30, Pok, NY

12601

(Walking distance from campus)

4. Hudson River Health Care 845-790-7990

<https://www.hrhcare.org/healthcenters/poughkeepsie-washington/>

General Adult Medicine

75 Washington Street, Poughkeepsie, NY 12601

(Walking Distance from campus)

5. Planned Parenthood 845-471-1540

<https://www.plannedparenthood.org/health-center?location=12601>

Women's Health, Family Planning

17 Noxon Street, Poughkeepsie, NY

MARIST COLLEGE STUDENT HEALTH INSURANCE QUESTIONS:

Allen J. Flood Companies 914-834-9326

To print a temporary card: https://consolidatedhealthplan.com/members/online_id_card_login