**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  
   locations in Poughkeepsie and Hyde Park  
   ~10 min from campus

2. **CareMount Medical Group**  
   845-231-5600  
   https://www.caremountmedical.com/directory/locations/show/poughkeepsie-columbia-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, Poughkeepsie, NY  
   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