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.

   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/](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](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/poughkeepsiecolumbia-campus](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
   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/](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](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](https://consolidatedhealthplan.com/members/online_id_card_login)