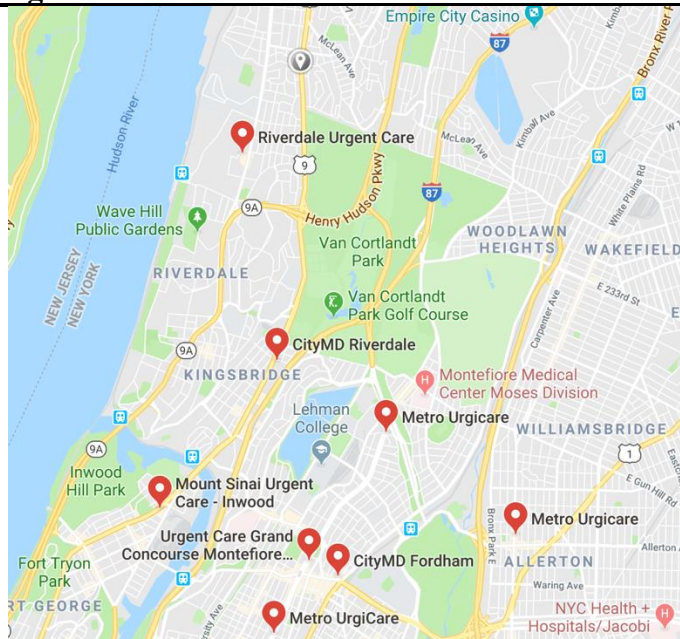


Urgent Care Facilities Located Near WJCS Yonkers



1. **City MD Riverdale**
193 West 237th St., Bronx, NY 10463
 - a. *Phone Number:* (718) 303-0479
 - b. *Website:* citymd.com
 - c. *Hours of Operation:* Mon-Fri 7 AM-11PM, Sat and Sun 8 AM-8 PM
 - d. *Insurances accepted:* most Commercial, Managed Medicaid, Medicare Advantage and exchange plans *call for exact plans
2. **Metro UrgiCare**
5665 Riverdale Avenue, Bronx, NY 10471
 - a. *Phone number:* (347) 913-4242
 - b. *Website:* www.metrourgicare.com/
 - c. *Hours of Operation:* Mon-Frid 8 AM-8PM, Sat and Sun 8 AM-3 PM
 - d. *Insurances accepted:* Affinity, Cigna, EmblemHealth, Fidelis, Medicaid, United Healthcare, and more... Please call if your insurance is not listed.
3. **Mount Sinai Urgent Care-Inwood**
5030 Broadway, New York NY 10034
 - a. *Phone number:* (212) 604-6550
 - b. *Website:* mountsinai.org
 - c. *Hours of Operation:* Mon-Fri 8:30 AM-8:30 PM, Sat and Sun 9 AM-5 PM
 - d. *Insurances accepted:* Fidelis, EmblemHealth Medicaid, Metroplus, United Healthcare and more... Please call if your insurance is not listed.
4. **Urgent Care Grand Concourse**
2532 Grand Concourse #4904, Bronx, NY 10458
 - a. *Phone number:* (718) 960-1569
 - b. *Website:* Montefiore.org
 - c. *Hours of Operation:* Monday-Friday 2 PM-10:15 PM, Sat & Sun 8:45 AM-5 PM
 - d. *Insurances accepted:* Affinity Health Plan, EmblemHealth, Fidelis Care, MetroPlus Partners Health Plan (PHP), UnitedHealthcare and more... Please call if your insurance is not listed.
5. **HRHCare Yonkers, The Park Care Health Center**
2 Park Avenue, Yonkers, New York 10703
 - a. *Phone number:* (914) 964-7862
 - b. *Website:* www.hrhcare.org/healthcenters/yonkers-park-care-health-center/
 - c. *Hours of Operation:* Mon-Thurs 8:00 AM-6:00 PM, Fri 8:00 AM-5:00PM, Sat 8:30 AM-2 PM
 - d. *Insurances accepted:* Affinity Health Plan, Beacon Health Options, Fidelis Care NY, Emblem Health, Medicaid NY, United Healthcare and more... Please call if your insurance is not listed.
6. **HRHCare Yonkers, Valentine Lane**
503 S. Broadway, Yonkers, NY 10705
 - a. *Phone number:* (914) 965-9771
 - b. *Website:* www.hrhcare.org/healthcenters/yonkers-valentine-lane/
 - c. *Hours of Operation:* Mon, Wed, Thurs 8:00 AM-7:00 PM, Tues, Fri 8:00 AM-6:00 PM
 - d. *Insurances accepted:* Affinity Health Plan, Beacon Health Options, Empire Blue Cross Blue Shield, Emblem Health, Medicaid NY, Medicare, MVP Health Plan, United Healthcare and more... Please call if your insurance is not listed.

Information on the Emergency Room

Emergency care is essential and necessary in many situations. In some situations, though, your needs might be best treated elsewhere. Many emergency room (ER) visits are not actually emergencies at all!

- Average wait time of **four hours** or longer
- Only 11 percent of visits to the ER result in a hospital admission
- All of your concerns may not be addressed in one visit, as they typically focus on the one they see as most important
- Average cost of an ER visit is \$1,200 if you have private insurance

When should I reach out to my primary care physician?

- Annual physicals
- Insurance referrals
- Medication refills
- Back-to-work clearance
- Other routine health matters

When should I go to the Emergency Room?

- For serious or life-threatening situations, or if you are uncertain of where to seek services, call 911 or go to the hospital emergency department (ED).

Typical illnesses and injuries that should be treated in the ED include:

- Coughing up or vomiting blood
- Fractured or broken bones
- Major injury or burns
- Poisoning (call Poison Control at 800-222-1222)
- Severe shortness of breath
- Signs of heart attack, including chest pain
- Signs of stroke, such as blurred vision or slurred speech
- Suicidal or homicidal feelings
- Uncontrolled pain or bleeding