

A Guide to Your HMSA Care Options

Need to see a doctor?

With HMSA, you have many options. Make the right choice to save time and money and get the right care when you need it.



Primary care provider

See your primary care provider (PCP) for routine and common medical issues like fever, minor symptoms of the flu or a cold, managing a chronic condition, medication refills, or general care.



HMSA's Online Care®

Connect with doctors and specialists online from anywhere in Hawaii, 24 hours a day, seven days a week. There's no copayment for Online Care visits.

Use Online Care when your PCP isn't available.
Go to hmsaonlinecare.com.



Urgent care providers

Go to an urgent care provider when you need care in person sooner than you can see your doctor.

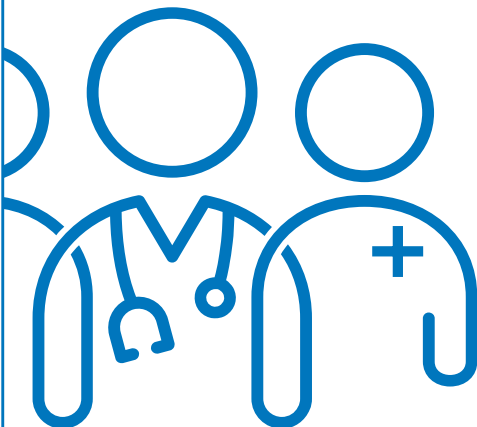
For example, you need stitches or have a high fever or sprained ankle.



Emergency room

Go to the emergency room when you have life-threatening symptoms.

For example, you have difficulty breathing or chest pain.



More tips

- ✓ Use the directory on the back page to find an urgent care provider near you. Services vary at each location, so call ahead to make sure they can provide the services you need.
- ✓ Register for Online Care now so it's easy to log in when you need it. Go to hmsaonlinecare.com to register and download the app on your smartphone.
- ✓ Follow up with your PCP after an urgent care or Online Care visit.

Participating Urgent Care Clinics

Hawaii Island

Transformation Health Network

75-5595 Kuakini Highway, Suite 513
Kailua-Kona
Ph. (808) 365-2297
M–F: 8 a.m.–6 p.m.

Hilo Urgent Care

670 Kekuanaoa St., Hilo
Ph. (808) 969-3051
M–F: 9 a.m.–7 p.m.
Sat–Sun: 8:30 a.m.–4:30 p.m.

Keaau Urgent Care

16-590 Old Volcano Road
Keaau
Ph. (808) 966-7942
M–F: 9 a.m.–7 p.m.
Sat–Sun: 8:30 a.m.–4:30 p.m.

Kohala Coast Urgent Care

62-100 Kaunaoa Drive
Kamuela
Ph. (808) 880-3321
M–F: 9 a.m.–5 p.m.
Sat: 9 a.m.–2 p.m.

Waimea Urgent Care

65-1230 Mamalahoa Highway
Suite A10, Kamuela
Ph. (808) 885-0660
M–F: 8:30 a.m.–6:30 p.m.
Sat–Sun: 8:30 a.m.–4:30 p.m.

Kauai

Kauai Urgent Care

4484 Pahee St., Lihue
Ph. (808) 245-1532
M–F: 8 a.m.–7 p.m.
Sat–Sun: 8 a.m.–4 p.m.

Makana North Shore Urgent Care

4488 Hanalei Plantation Road
Princeville
Ph. (808) 320-7300
M–F: 8 a.m.–6 p.m.
Sat: 8 a.m.–4 p.m.

Urgent Care at Poipu

2829 Ala Kalani Kaumaka St.
Suite B-201, Koloa
Ph. (808) 742-0999
M–F: 8:30 a.m.–7 p.m.
Sat–Sun: 8 a.m.–4:30 p.m.

Maui

All Access Ortho Maui

30 Kupaoa St., Suite A203, Pukalani
Ph. (808) 727-8410
M–F: 10 a.m.–6:30 p.m.
Sat: 9 a.m.–5:30 p.m.

Doctors On Call

3350 Lower Honoapiilani Road
Suite 211, Lahaina
Ph. (808) 667-7676
M–Sat: 8 a.m.–4 p.m.

Doctors On Call

The Shops at Wailea, B34 Level 1
3750 Wailea Alanui Drive, Wailea, HI
Ph. (808) 875-7676
M–Sat: 8 a.m.–4 p.m.

Kihei-Wailea Medical Center

221 Piikea Ave., Suite A, Kihei
Ph. (808) 874-8100
M–F: 8 a.m.–6 p.m. Sat: 8 a.m.–5 p.m.
Sun: 8 a.m.–1 p.m.

Minit Medical Urgent Care Clinic

270 Dairy Road, Suite 239, Kahului
Ph. (808) 667-6161
M–W: 8 a.m.–9 p.m.
Th–F: 8 a.m.–7 p.m.
Sat: 8 a.m.–6 p.m. Sun: 8 a.m.–4 p.m.

Minit Medical Urgent Care Clinic

2580 Kekaa Drive, Suite 111, Lahaina
Ph. (808) 667-6161
M–Sat: 8 a.m.–6 p.m.
Sun: 8 a.m.–4 p.m.

Minit Medical Urgent Care Clinic

1325 S. Kihei Road, Suite 103
Kihei Ph. (808) 667-6161
M–Sat: 8 a.m.–6 p.m.
Sun: 8 a.m.–4 p.m.

The Maui Medical Group Inc.

2180 Main St., Wailuku
Ph. (808) 249-8080
M–F: 8 a.m.–8 p.m.
Sat–Sun: 8 a.m.–4 p.m.

The Maui Medical Group Inc.

5095 Napilihaui St., Suite 114
Lahaina Ph. (808) 249-8080
Temporary hours M–F: 8 a.m.–5 p.m.

Molokai

Molokai Family Health Center

39 Ala Malama Ave.
Kaunakakai
Ph. (808) 553-5353
M–F: 9 a.m.–5 p.m.
Sat: 9 a.m.–2 p.m.

Oahu

Adventist Health Castle Kailua Urgent Care

660 Kailua Road, Kailua
Ph. (808) 263-2273
M–F: 7 a.m.–7 p.m.
Sat–Sun: 8 a.m.–6 p.m.

Adventist Health Castle Urgent Care Kapolei

91-0710 Farrington Highway
Suite A100, Kapolei
Ph. (808) 521-2273
M–Sun: 7 a.m.–7 p.m.

Adventist Health Castle Urgent Care Pearl City

1245 Kula St., Suite 103, Pearl City
Ph. (808) 456-2273
M–F: 7 a.m.–7 p.m.
Sat–Sun: 8 a.m.–6 p.m.

All Access Ortho

1401 S. Beretania St., Suite 102
Honolulu
Ph. (808) 356-5699
M–F: 8 a.m.–8 p.m.
Sat–Sun: 9 a.m.–5 p.m.

All Access Ortho

4850 Kapolei Parkway, Bldg. F
Kapolei
Ph. (808) 356-5699
M–F: 8 a.m.–8 p.m.
Sat–Sun: 9 a.m.–5 p.m.

All Access Ortho

95-1830 Meheula Parkway
Suites C10 and 11, Mililani
Ph. (808) 356-5699
M–F: 8 a.m.–8 p.m.
Sat–Sun: 9 a.m.–5 p.m.

Braun Urgent Care Kailua

130 Kailua Road, Suite 111, Kailua
Ph. (808) 261-4411
M–F: 8 a.m.–8 p.m.
Sat–Sun: 8 a.m.–5 p.m.

Doctors of Waikiki

120 Kaiulani Ave., Wing 10 and 11
Honolulu
Ph. (808) 922-2112
Daily: 8 a.m.–10 p.m.

Kalihi Kai Urgent Care

2070 N. King St., Suite A1, Honolulu
Ph. (808) 841-2273
M–F: 8 a.m.–4 p.m.
Sat–Sun: 9 a.m.–1 p.m.

Kunia Urgent Care

94-673 Kupuohi St., Suite C201
Waipahu
Ph. (808) 983-1671
Daily: 8:30 a.m.–7 p.m.

NIU Health

1441 Pali Highway, Honolulu
Ph. (808) 888-4800
Daily: 8 a.m.–6 p.m.

Queen's Island Urgent Care Ewa Kapolei

91-6390 Kapolei Parkway, Ewa Beach
Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kahala

1215 Hunakai St., Honolulu
Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kakaako

400 Keawe St., Suite 100, Honolulu
Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Kapahulu

449 Kapahulu Ave., Suite 104
Honolulu
Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Queen's Island Urgent Care Pearl Kai

98-199 Kamehameha Highway
Bldg. F, Aiea
Ph. (808) 735-0007
Daily: 8 a.m.–8 p.m.

Straub Benioff Kapolei Clinic & Urgent Care

91-5431 Kapolei Parkway, Suite 1706
Kapolei
Ph. (808) 426-9300
Daily: 10 a.m.–8 p.m.

Straub Benioff Doctors On Call

2255 Kalakaua Ave., Manor Wing
Shop No. 1, Honolulu
Ph. (808) 971-6000
Daily: 10 a.m.–8 p.m.

Straub Benioff Kahala Clinic & Urgent Care

4210 Waiialae Ave., Suite 501
Honolulu
Ph. (808) 462-5300
Daily: 10 a.m.–8 p.m.

Straub Benioff Ward Village Clinic & Urgent Care

1001 Queen St., Suite 102, Honolulu
Ph. (808) 462-5200
Daily: 10 a.m.–8 p.m.

Windward Urgent Care

46-001 Kamehameha Highway
Suite 107, Kaneohe
Ph. (808) 234-1094
Daily: 8 a.m.–7 p.m.

Hours and locations may change.
Please call the clinic for the latest
information and urgent care
availability.

For a current list of participating
urgent care providers, visit
hmsa.com/urgentcare.

These options aren't a substitute for
emergency care. If you experience
life-threatening conditions such as a
stroke or difficulty breathing, call 911 or
go to the emergency room immediately.

Most urgent care clinics are closed
on Thanksgiving Day, Christmas Day,
and New Year's Day. Services vary by
location. Call the clinic to ask about
specific services.