

Urgent Care vs Emergency Room

How do you know where to go?

Members are frequently using the Emergency Room for routine or non-emergency visits, when they could just as easily visit an Urgent Care clinic. Although Emergency Rooms are equipped to handle any ailment, they are best utilized for handling severe illness, injury or other medical emergency. Urgent Care clinics are a better treatment choice for minor illnesses and injuries and by visiting (when appropriate) you will receive the same level of care by trained medical professionals. Save yourself some major time and money by visiting the Urgent Care when you need immediate medical assistance! So how do you know which option is best for you?

URGENT CARE

When you have an illness or injury that does not seem life threatening, go to your urgent care. Visit the urgent care when you have these symptoms:

- Cold/cough/flu
- Fever
- Sore throat
- Ear ache
- Sprains/strains/simple fractures
- Cuts/scrapes
- Minor burns
- Rashes/skin irritation
- Headache
- Nausea/vomiting
- Urinary tract infection
- Back pain
- Mild asthma
- Pink eye
- Gout
- STD test
- Infections

EMERGENCY ROOM

Emergency rooms can handle trauma, surgical procedures and other life threatening situations. Visit the ER for care when you experience any of the following:

- Chest Pain or tightness-**Call 911**
- Signs of stroke-weakness/facial droop/change in speech-**Call 911**
- Uncontrolled bleeding-**Call 911**
- Loss of consciousness
- Difficulty breathing
- Head or neck injury
- Severe trauma
- Fracture with bone protruding
- Change in vision
- Change in mental status
- Seizure
- Serious burns
- Coughing or vomiting blood
- Fever - infants less than 2 months old
- Severe allergic reaction
- Sudden severe abdominal pain

If you are experiencing a life-threatening concern, don't delay call 911!

Oahu Participating Urgent Care Centers and Walk-In Clinics

Adventist Health Castle Urgent Care

(3 Locations)

Pearl City

1245 Kuala St. #103
Pearl City, HI 96782
808-456-2273

Kapolei

91-710 Farrington Hwy. #A100
Kapolei, HI 96707
808-521-2273

Kailua

660 Kailua Rd.
Kailua, HI 96734
808-263-2273

Queen's Island Urgent Care

(5 Locations)

Waikiki

449 Kapahulu Ave. #104
Honolulu, HI 96815
808-735-0007

Kaka'ako

400 Keawe St. #100
Honolulu, HI 96813
808-735-0007

Ewa – Kapolei

91-6390 Kapolei Pkwy.
Ewa Beach, HI 96706
808-735-0007

Pearl Kai

98-199 Kamehameha Hwy. Bldg. F
Aiea, HI 96701
808-735-0007

Kahala

1215 Hunakai St.
Honolulu, HI 96816
808-735-0007

Straub Urgent Care

Kapolei Clinic & Urgent Care

91-5431 Kapolei Pkwy. #1706
Kapolei, HI 96707
808-426-9300

Ward Village Clinic & Urgent Care

1001 Queen St. #102
Honolulu, HI 96814
808-462-5200

Kahala Clinic & Urgent Care

4210 Waialae Ave. #501
Honolulu, HI 96816
808-462-5300

Docs on Call Waikiki

Hilton Hawaiian Village Hotel

2005 Kalia Rd. Rainbow Bazaar, 2nd Floor
Honolulu, HI 96815
808-973-5250

Docs on Call Waikiki

Sheraton Waikiki Hotel

2255 Kalakaua Ave. Manor Wing #1
Honolulu, HI 96815
808-971-6000

INDEPENDENT FACILITIES

Kunia Urgent Care

94-673 Kupuohi St. #C201
Waipahu, HI 96797
808-983-1671

Braun Urgent Care Kailua, LLC

130 Kailua Rd. #111
Kailua, HI 96734
808-261-4411

Doctors of Waikiki

120 Kaiulani Ave. #KW10 & 11
Honolulu, HI 96815
808-922-2112

Windward Urgent Care

46-001 Kamehameha Hwy. #107
Kaneohe, HI 96744
808-234-1094

Kalihi Kai Urgent Care

2070 N. King St. #A-1
Honolulu, HI 96819
808-841-2273

Oahu Participating Urgent Care Centers and Walk-In Clinics

INDEPENDENT WALK-IN CLINICS

Ala Moana Walk-In Medical Clinic Inc.

(Ala Moana Medical Building)
1441 Kapiolani Blvd., Ste. 420
Honolulu, HI 96814
808-498-7913

Access Medical Clinics (2 Locations)

Mililani Town Center

95-1249 Meheula Pkwy. Ste. D
Mililani, HI 96789
808-627-0330

Ewa Town Center

91-1401 Fort Weaver Rd.
Ewa Beach, HI 96706
808-685-0330

ORTHOPEDIC URGENT CARE

All Access Ortho Oahu (3 Locations)

Hale Pawa'a Professional Bldg.

1401 S. Beretania St. #C102
Honolulu, HI 96814
808-356-5699

The Gateway at Mililani Mauka

95-1830 Meheula Pkwy. #C10 & 11
Mililani, HI 96789
808-356-5699

Kapolei Village Center

4850 Kapolei Pkwy. Bldg. F
Kapolei, HI 96707
808-356-5699

Straub-Kahala: Orthopedic Urgent Care

4210 Waialae Ave. #501
Honolulu, HI 96816
808-462-5300

Neighbor Island Participating Urgent Care Centers and Walk-In Clinics

Kauai

Kauai Urgent Care

4484 Pahee St.
Lihue, HI 96766
808-245-1532

Maui

Kaanapali Medical Services Inc. (2 Locations)

Kaanapali-Lahaina-Kapalua

3350 Lower Honoapiilani Rd. #211
Lahaina, HI 96761
808-667-7676

Kihei-Wailea-Makena

3750 Wailea Alanui Dr. B34 Level 1
Wailea, HI 96753
808-875-7676

Hawaii

Aloha Kona Urgent Care

75-5995 Kuakini Hwy. #513
Kailua-Kona, HI 96740
808-365-2297

Big Island Healthcare

633 Ponahawai St. #101
Hilo, HI 96720
808-885-3627

Hilo Urgent Care Center (2 Locations)

Hilo

670 Kekuanaoa St.
Hilo, HI 96720
808-969-3051

Kea'au

16-612 Old Volcano Rd.
Kea'au, HI 96749
808-966-7942

[Urgent care and walk-in clinics](#) offer an array of treatment options for your immediate health care needs. If you are not certain of your symptoms, call the Urgent Care in advance and ask a medical professional. If you are experiencing a life-threatening medical emergency, **call 911 or go to nearest emergency room.**