



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**
<http://healthquest.org/medical-practice/health-quest-medical-practice.aspx>
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, Pok, NY 12601
Walking distance from campus
- 4. Hudson River Health Care** **845-790-7990**
<https://www.hrhc.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