

Looking for a primary care provider?

Use the contact list below to find a PCP who is accepting new patients.

Practice	Location	Phone Number	Accepting Patients
MaineHealth Mid Coast Medical Group	New Patient Line: 207-373-4585 - Leave name, DOB and phone number to get a call back within a few weeks.		
	Practices in Bath, Brunswick & Topsham: call new patient line.		Yes, waiting list
Maine Medical Partners	Note: They do have a wait list where they will call when openings become available, across ALL their practices in Southern Maine. https://www.mainehealth.org/maine-medical-center/care-services/primary-care		
	Portland Family Medicine	207-874-2466	Waiting list
	Falmouth Family Medicine	207-781-1500	Waiting list
	Falmouth Internal Medicine	207-781-1600	Waiting list
Maine General Health	Call the HUB - 207-872-4102 (General information line). Some locations offer Zoom appts earlier, to start. Call to be assisted and placed on a waitlist		
	Augusta Family Medicine	207-621-8800	Wait list, >8 mos.
	Gardiner Family Medicine	207-582-6608	Wait list, >8 mos.
	Winthrop Family Medicine	207-377-2111	Wait list, >8 mos.
	Elmwood Primary Care	207-877-3400	Wait list, >8 mos.
	Oakland Family Medicine	207-465-4000	Wait list, >8 mos.
	Thayer Internal Medicine	207-873-1098	Wait list, >8 mos.
	Great Oak Family Medicine	207-877-3300	Wait list, >8 mos.
MaineHealth Lincoln Medical Partners	Must first provide new patient paperwork to schedule, some have NP openings sooner.		
	Damariscotta	207-563-4250	Yes, 6 mos. wait
	Wiscasset	207-882-7911	Yes, 2 mos. wait
	Waldoboro	207-832-6394	Yes, 6-8 mos. wait
	Boothbay Harbor	207-633-7820	Yes, 6 weeks wait
St. Mary's Health System	(207) 777-8899 -(New patient intake line to request a call back)		
	St. Mary's Medical	207-777-8899	Wait List
	Poland Family Practice	207-998-4483	Yes, Feb/March
	Mollison Way	207-777-4440	Yes, March
	Auburn Medical Associates	207-330-3950	Yes, as soon as Feb Virtual - < 1 mo.
Central Maine Medical Center	1-866-834-8343 (New patient intake line)		
	Naples and Bridgton locations: Call 207-693-6106 for assistance with an appt.		
	Practices in Topsham, Lewiston, Auburn and Lisbon, call the new patient intake line. Call and leave a message for a return call within 5-7 business days to discuss access.		
Martin's Point Health Care	Can call and join a new customer wait list: 207-828-2406, option 5		
	Biddeford	207-283-1441	Wait list
	Brunswick	207-798-4400	Wait list

Practice	Location	Phone Number	Accepting Patients
	Gorham	207-839-2559	Wait list
	Portland	207-828-2402	Yes (2 providers)
	Scarborough	207-799-8596	Wait list
Northern Light Eastern Maine			
	207-973-7000, option 6. (Physician line)		
	Family Medicine, Hampden	207-862-9400	Wait list > 1 yr
	Family Medicine, Brewer	207-989-0550	Wait list > 1 yr
	Family Medicine, Husson Ave.	207-941-2373	Wait list > 1 yr
	Family Medicine and Residency	207-973-7979	Wait list > 1 yr
	Internal Medicine, Husson Ave.	207-947-6141	Wait list > 1 yr
Intermed			
	New patient line: 207-523-8555		
	Portland	207-874-1489	Yes - 1 PCP wait list
	South Portland	207-846-9013	Yes - 1 PCP wait list
	Yarmouth	207-301-8200	No
Penobscot Bay Medical Center (Rockland area)			Yes
Call the general information number at 207-301-8200 and leave message for a callback -OR- Go to: https://www.mainehealth.org/waldo-county-general-hospital/patient-visitor-information/accepting-new-patients and search on "accepting new patients"			
HealthReach Community Health Centers (12 locations throughout Maine) Offers an Affordable Care Program (ACP) for both insured and uninsured patients. To apply for the ACP go to: https://www.healthreach.org/for-patients/affording-care/			
	Richmond Community Health Center	207-737-4359	Yes, 2-3 mos.
	Sheepscot Valley Health Center	207-549-7581	Yes, 2-3 mos.
	Western Maine Family Health	207-897-4345	Yes, 2-3 mos.
Other Resources:			
MaineHealth Pediatrics Brunswick - Walk-In Hours: Mon - Fri - 7:15am - 8:15am			
Pediatric walk in hours from treatment of acute minor illness or injuries including: Allergies, cough, fever, or congestion, bruises, sprains, strains, scrapes, cuts and lacerations, earache or ear pain, flu, new joint pain, muscle aches, headaches, new nausea, vomiting, diarrhea, sore throat and new rashes. Patients are seen in the order they arrive. Those who arrive later than 8:15am will be asked to make an appointment.			
Cigna - Health Information Line			
Cigna's no-cost, confidential Health Information Line connects you with a personal nurse advocate to answer your health questions and help you make the best choice for your needs. Call: 24/7/365, dial the number on the back of your Cigna Healthcare ID card OR Chat: Monday–Friday, 9:00 am–8:00 pm ET, excluding holidays via myCigna.com or the myCigna App.			
MDLIVE - Virtual Care			
Connect with a doctor, licensed therapists, social workers & counselors via phone or video chat*. Access MDLIVE: Log into myCigna.com and click on "Talk to a doctor." You can also call MDLIVE at 888.726.3171. (No phone calls for virtual dermatology.) Select the type of care you need: medical care or counseling; and follow the prompts for an on-demand urgent care visit, to make an appointment for primary or behavioral care, or to upload photos for dermatology care.			
For additional information, you can also contact Cigna at 1-888-551-4072 or go to mycigna.com.			
*All eligible members include employees and their covered dependents enrolled in a medical plan with GDBIW.			
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