

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
Mid Coast Medical Group		207-373-6033 (Physician referral line)	
	Bath	207-386-1800	Yes, 8-9 mos. wait
	Brunswick	207-373-6848	Yes, 6 mos. wait for an MD. 3 mos wait for a NP.
	Topsham	207-406-7600	Yes, 9 mos. wait
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	No
	Falmouth Family Medicine	207-781-1500	No
	Falmouth Internal Medicine	207-781-1600	No
Maine General Health		207-872-4102 (General information line)	Some locations offer Zoom appts earlier, to start.
	Augusta Family Medicine	207-621-8800	Yes, 12 mos. wait
	Gardiner Family Medicine	207-582-6608	Yes, 1 provider, 2 mos. wait after a virtual onboarding appt
	Winthrop Family Medicine	207-377-2111	Yes, 6 mos. wait
	Elmwood Primary Care	207-877-3400	Yes, 7 mos. wait
	Oakland Family Medicine	207-465-4000	Yes, 12 mos. wait
	Thayer Internal Medicine	207-873-1098	Yes, 3 mos. wait
	Great Oak Family Medicine	207-877-3300	Yes, 1 mos. wait
Lincoln Medical Partners			
	Damariscotta	207-563-4250	Yes
	Wiscasset	207-882-7911	Yes
	Waldoboro	207-832-6394	Yes
	Boothbay Harbor	207-633-2121	Yes
St. Mary's Health System			
	Lewiston/Auburn practices	207-777-8899	No
	Auburn Medical Associates	207-330-3950	Yes, 4 mos. wait
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.

Practice	Location	Phone Number	Accepting Patients
	Practices in Topsham, Lewiston, Auburn and Lisbon, call the new patient intake line.		Call, lv a message, return call within 5-7 business days to discuss access
Martin's Point Health Care			
	Biddeford	207-283-1441	No
	Brunswick	207-798-4400	Yes, pediatricians only
	Gorham	207-839-2559	No
	Portland	207-828-2402	No
	Scarborough	207-799-8596	No
Northern Light Eastern Maine		207-973-7000, option 6 (Physician line)	
	Family Medicine, Hampden	Option 1	No
	Family Medicine, Brewer	Option 2	No
	Family Medicine, Husson Ave.	Option 3	No
	Family Medicine and Residency	Option 4	No
	Internal Medicine, Husson Ave.	Option 5	No
	Pediatric Primary Care	Option 6	No
Penobscot Bay Medical Center (Rockland area)		207-301-8200	
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"			

For additional information, you can also contact Cigna at 1-888-551-4072 or go to mycigna.com.

Other Resources:

MDLIVE - Virtual Care
Connect with a doctor, licensed therapists, social workers & counselors via phone or video chat*. Access MDLIVE by logging into myCigna.com and clicking 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.

Included Health - Expert Medical Opinion
If you've received a new diagnosis, have questions about managing a chronic condition or have been recommended for a surgery or treatment, Included Health provides a specialist to review your case. Go to the Castlight Mobile app, visit the Benefits tab and click on Included Health, OR go to www.includedhealth.com/general-dynamics or call 1-855-408-1626 (9 a.m. to 8 p.m. ET, Monday through Friday).*

*All eligible members include employees and their covered dependents enrolled in a medical plan with GDBIW.