

IHANY CARE NAVIGATOR

AUGUST 2025



WHAT YOU NEED TO KNOW ABOUT

Medicare Annual Wellness Visits

Did you know that Medicare will provide an Annual Wellness Visit (AWV) once a year at no cost to you? Below is some information about this benefit and how it differs from a "yearly exam" or a "problem visit."

? What is an AWV?

The Annual Wellness Visit (AWV) is a yearly appointment with your care provider to update your health records and ensure you are up-to-date on receiving preventive healthcare services (screenings and vaccinations).

? Who is Eligible?

All Medicare Part B members who have not had a Medicare AWV or "Welcome to Medicare" visit in the past 12 months.

? What does the AWV cost?

Patients pay nothing out-of-pocket for this visit.

*However, during your visit **if you require further tests or screenings** other than those listed below, a **co-payment or deductible expense may occur.**

? Is the AWV the same thing as a physical exam?

No. An AWV is a yearly visit with your provider to create a personalized preventive health plan, whereas physicals are for addressing chronic illnesses and performing routine lab work. However, your care provider may elect to perform additional services during an AWV which may have additional costs.

? What should I do if I haven't had an AWV in the past 12 months?

Call your primary care provider and ask to schedule your AWV. Talk to your provider about what you can do to prepare for the visit and what they would like you to bring.

What is covered as part of the AWV?



Update of your age, race, address, and contact information



Update of your list of current care providers



Screen for memory changes



Written preventive screening plan for the next 5 to 10 years.



Review of current medications



Update of your medical and family history



Measurement of blood pressure, height and weight



Review of movement ability and risk of falling



Advanced Care (end-of-life) Planning

Mission Statement

The Innovative Health Alliance of New York, LLC. (IHANY) is a collaboration among doctors, health systems and health care providers in New York's Capital Region aimed at improving the health of the communities we serve by working together in new, more coordinated ways. In today's evolving health care landscape, clinical integration is essential to achieving better health for the community, better care for individuals and lower costs of health care.





Need a Primary Care Provider?



◀ Scan this QR code or use
the contact information below.

Amsterdam Internal

Medicine & Pediatrics(518) 842-0017

Ellis Medicine(518) 347-5999

or visit ellismedicine.org/TreatYouRight

St. Mary's Healthcare

Amsterdam.....(518) 841-7430

St. Peter's

Health Partners.....(518) 525-1132

or visit sphp.com/find-a-doctor



ST PETER'S HEALTH
PARTNERS

Medical Associates

A Member of Trinity Health



St. Mary's
Healthcare
Amsterdam

Ellis

MEDICINE

Amsterdam Internal Medicine & Pediatrics

Emily T. Etkorn, MD  Lydia T. Mawad, MD

Vitina Ruffino-Mosher, FNP-C • Meghan Kise, CPNP • Jessica Benoit, FNP-BC

Urgent Care at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

ALBANY COUNTY

WellNow Urgent Care

1438 Western Ave., Albany, NY 12203
518-649-9986

WellNow Urgent Care

11 Moriah Rd., Glenmont, NY 12077
518-626-8665

WellNow Urgent Care

800 New Loudon Rd., Latham, NY 12110
518-218-4220

COLUMBIA COUNTY

WellNow Urgent Care

446 Fairview Ave., Hudson, NY 12534
518-267-3496

FULTON COUNTY

WellNow Urgent Care

332 S. Kingsboro Ave. Extension
Gloversville, NY 12078
518-752-3221

GREENE COUNTY

WellNow Urgent Care

11 Maple Ave.
Catskill, NY 12414
518-625-3608

RENSSELAER COUNTY

WellNow Urgent Care

573 N. Greenbush Rd., Rensselaer, NY 12144
518-268-2345

WellNow Urgent Care

24 North Greenbush Rd., Troy, NY 12180
518-238-6142



Scan the QR code or [click here](#)
to get the most up-to-date
hours and information.

SARATOGA COUNTY

WellNow Urgent Care

1694 U.S. 9, Clifton Park, NY 12065
518-930-7486

WellNow Urgent Care

204 S. Broadway, Saratoga Springs, NY 12866
518-226-3288

SCHENECTADY COUNTY

WellNow Urgent Care

445 Balltown Rd., Niskayuna, NY 12304
518-387-3566

WellNow Urgent Care

1708 Altamont Ave., Schenectady, NY 12303
518-344-4778

WellNow Urgent Care

233 Saratoga Rd., Schenectady, NY 12302
518-930-7497

SCHOHARIE COUNTY

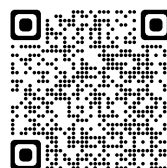
WellNow Urgent Care

721 E. Main St., Cobleskill, NY 12043
518-657-3539

WARREN COUNTY

WellNow Urgent Care

202 Broad St., Glens Falls, NY 12801
518-480-6240

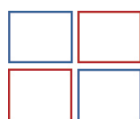


WellNow Urgent Care also
offers **24/7 virtual care**. Scan
the QR code to learn more.
[wellnow.com/services/well-
now-virtual-medical/](https://www.wellnow.com/services/well-now-virtual-medical/)



ST PETER'S HEALTH
PARTNERS

A Member of Trinity Health



INNOVATIVE
Health Alliance
of New York, LLC



*The Innovative Health Alliance of New York (IHANY) is a collaboration among doctors, health systems, and health care providers in the Capital Region aimed at improving the health of the communities they serve.

We recommend all patients check the details of their insurance to understand their coverage and cost responsibility.

Urgent Care at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.



SARATOGA COUNTY

Ellis Emergent Care – Clifton Park
Medical Center of Clifton Park
103 Sitterly Rd., Clifton Park, NY 12065
518-579-2800

SCHENECTADY COUNTY

Ellis Medicine Urgent – Mohawk Harbor
200 Harborside Drive, Schenectady, NY 12305
518-881-4710

Ellis Walk-In Care – Family Health Center
624 McClellan St., Schenectady, NY 12304
518-382-2260

**The Living Room
Walk-in Mental Health Center**
1023 State St., Schenectady, NY 12307
518-243-1523



Scan the QR code or visit
ellismedicine.org/walkincare/
to get the most up-to-date
hours and information.



FULTON COUNTY

Gloversville Urgent Care Center
84 E. State St., Gloversville, NY 12078
518-773-7710

MONTGOMERY COUNTY

Amsterdam Urgent Care Center
Rao Outpatient Pavilion, Upper Level
4950 State Highway 30, Amsterdam, NY 12010
518-841-3600

St. Johnsville Urgent Care Center
7 Timmerman Ave., St. Johnsville, NY 13452
518-770-7818



Scan the QR code or visit
smha.org/services/urgent-care/
to get the most up-to-date hours
and information.



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Laboratory Services at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

For the most up-to-date
hours, scan this QR code,
visit sphp.com/lab, or call
518-525-1475.



ALBANY

St. Peter's Laboratory

Albany Memorial Campus
600 Northern Blvd., Albany
Fax (518) 471-3669

St. Peter's Laboratory

Operated by St. Peter's Hospital
315 S. Manning Blvd.,
1st Fl., Atrium, Albany
Fax (518) 525-6327

Open
Saturdays

Evening
Hours

St. Peter's Laboratory **TEMPORARILY CLOSED**

1365 Washington Ave., Suite 106, Albany
Fax (518) 458-9483

St. Peter's Laboratory

4 Palisades Dr., Suite 120, Albany
Fax (518) 813-9486

St. Peter's Laboratory

Stuyvesant Plaza, 6 Executive Park Dr.
Building B, 1st Fl., Albany
Fax (518) 438-1379

CLIFTON PARK

St. Peter's Laboratory

Operated by Samaritan Hospital
1 Tallow Wood Drive, Clifton Park
Fax (518) 373-4412

Open
Saturdays

COHOES

St. Peter's Laboratory **TEMPORARILY CLOSED**

Operated by Samaritan Hospital
55 Mohawk St., Cohoes
Fax (518) 237-2396

COLONIE

St. Peter's Laboratory **TEMPORARILY CLOSED**

Kohl's Plaza
1814 Central Ave., Colonie
Fax (518) 525-6127

RENSSELAER

St. Peter's Laboratory

Operated by Samaritan Hospital
2 Empire Drive, Suite 205, 2nd Fl.
Rensselaer
FAX (518) 286-4997

SARATOGA

St. Peter's Laboratory

6 Care Lane, Saratoga Springs
Fax (518) 621-5670

TROY

St. Peter's Laboratory

Operated by Samaritan Hospital
2215 Burdett Ave., Troy
Fax (518) 271-3916

Open
Saturdays

St. Peter's Laboratory **TEMPORARILY CLOSED**

Operated by Samaritan Hospital
258 Hoosick St., Suite 103, Troy
Fax (518) 326-1746

St. Peter's Laboratory

Operated by St. Mary's Hospital
1300 Massachusetts Ave., Troy
Fax (518) 268-5752



ST PETER'S HEALTH
PARTNERS

A Member of Trinity Health



Walk-ins Welcome. Schedule an
appointment using the MyChart
app or visit sphp.com/mychart.

We recommend all patients check the details of their insurance to understand their coverage and cost responsibility.

Laboratory Services at IHANY* Locations

MORE CHOICES. MORE CONVENIENCE.

All locations are walk-in only, except where noted.



Semen analysis is only available at the Bellevue location, and you must schedule an appointment by calling (518) 346-9483.

CLIFTON PARK

Blood Draw at the Ellis Medical Center of Clifton Park

103 Sitterly Rd., Clifton Park
Phone (518) 579-2962 | Fax (518) 579-2606

GLENVILLE

Socha Plaza Blood Draw Lab

115 Saratoga Ave., Suite 205, Glenville
Phone (518) 579-2360 | Fax (518) 579-2361

NISKAYUNA

Blood Draw at Bellevue Woman's Center

2210 Troy-Schenectady Rd., Niskayuna
Phone (518) 346-9492; Fax (518) 347-3392

Blood Draw at 2123 River Rd.

2123 River Rd., Niskayuna
Phone (518) 280-1972 | Fax (518) 280-2133

SCHENECTADY

Blood Draw at Ellis Hospital

1101 Nott St., A-Wing, 1st Floor, Schenectady
Phone (518) 243-4044
Fax (518) 243-4787



Click below or scan the QR code for the most up-to-date Ellis Medicine [hours and information](#).



AMSTERDAM

Rao Outpatient Pavilion

4950 State Highway 30, Amsterdam
Phone (518) 841-7224
Fax (518) 839-0555

Open
Saturdays

Holland Circle Medical Plaza

119 Holland Circle Dr., Amsterdam
Phone (518) 843-8146 | Fax (518) 843-8050

CANAJOHARIE

Canajoharie Family Health Center

48 Erie Blvd., Canajoharie
Phone (518) 673-2573 | Fax (518) 673-9933

GLOVERSVILLE

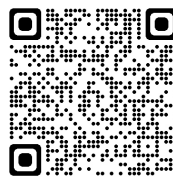
Gloversville Family Health Center

84 East State St., Gloversville
Phone (518) 773-8894 | Fax (518) 773-2905

JOHNSTOWN

Johnstown Family Health Center

700 South Perry St., Johnstown
Phone (518) 762-1746 | Fax (518) 762-5530



Click below or scan the QR code for the most up-to-date St. Mary's Healthcare [hours and information](#).



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FAST ACCESS TO HEALTH CARE YOU NEED, NOW

JUNE 2025

This booklet is a one-stop shop for timely health care services within the Innovative Health Alliance of New York (IHANY)* network, helping patients avoid long waits in urgent care facilities or emergency rooms. *(If patients have a life- or limb-threatening injury, they should always call 9-1-1 or be driven to the nearest emergency room.)*

IHANY partners listed below offer walk-in (no appointment needed) or same-day (appointment required) services for the following issues:

- Behavioral Health
- Ear, Nose, Throat and Allergies
- Heart Clinics
- Musculoskeletal Medicine
- Primary Care
- Pulmonary Care
- Urinary Tract Infections
- Vascular Care
- X-rays

Important note: All regular hours are subject to change without notice. Holiday hours are not listed and will vary.



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WALK-IN SERVICES (No Appointment Needed) AT IHANY LOCATIONS

BEHAVIORAL HEALTH

Ellis Walk-In Mental Health Care

The Living Room

(for ages 18+)

1023 State St., Schenectady

Monday – Friday, 10 a.m. – 6 p.m.

518-243-1523

The Family Room

(for ages 10 – 17)

1023 State St., Schenectady

Monday – Friday, 10 a.m. – 6 p.m.

518-831-8700

Crisis Information and Referral Hotline

24 hours/day, 7 days/week

518-243-4000

St. Mary's Healthcare - Amsterdam

Outpatient Addiction Clinic

(for adolescents and adults; new and established patients)

4988 State Highway 30, Amsterdam

Memorial Building, 4th Floor

Monday – Friday, 8 a.m. – 3 p.m.

518-843-4410

St. Mary's Counseling Services

"Open Access" (for adults and children)

4988 State Highway 30, Amsterdam

Memorial Building, 5th Floor

Monday – Friday, 8 a.m. – 2:30 p.m.

518-841-7341

CARDIOLOGY

(Same-Day Heart Clinic for non-life-threatening cardiac symptoms, including chest discomfort, palpitations, shortness of breath, or rapid heart rate. Adults 18+ only. Accepting new patients.)

St. Peter's Health Partners Medical Associates

Albany Associates in Cardiology

2 Palisades Drive, Albany, or

1735 Route 9, Clifton Park

Monday – Friday, 8 a.m. – 4 p.m.

518-458-2000

Cardiology Associates of Schenectady

2546 Balltown Road, Suite 300, Schenectady

Monday – Friday, 8 a.m. – 3:30 p.m.

518-377-8184

23 Arterial Plaza, Route 30A, Gloversville

Monday – Wednesday, 9 a.m. – 2 p.m.

518-773-2303

Saratoga Cardiology Associates

6 Care Lane, Saratoga Springs

Monday – Thursday, 8 a.m. – Noon

518-587-7625

EAR/NOSE/THROAT (ENT) AND ALLERGY

Albany ENT & Allergy Services

(for established and new adult and pediatric patients; providers do not see patients for facial trauma or lacerations, or test for flu, RSV, or COVID-19.)

123 Everett Road, Albany

Monday – Friday, 8:30 a.m. – 3 p.m.

518-701-2123

MEDICAL IMAGING

(Walk-in X-rays only; prescription from medical provider required; call ahead for pediatric patients to be sure testing is available at that site.)

Ellis Medicine

(Patients under 18 must be accompanied by parent/guardian.)

Medical Center of Clifton Park

103 Sitterly Road, Clifton Park

Seven days/week, 7 a.m. – 9:30 p.m.

St. Mary's Healthcare-Amsterdam

Gloversville Family Health Center

84 East State St., Gloversville

Seven days/week, 9 a.m. – 6:30 p.m.

518-773-8894

Rao Outpatient Pavilion

4950 State Highway 30, Amsterdam

Monday – Friday, 8 a.m. – 6:30 p.m.

Saturday/Sunday, 9 a.m. – 6:30 p.m.

518-841-7224

St. Johnsville Urgent Care Center

7 Timmerman Ave., St. Johnsville
Monday – Saturday, 9 a.m. – 6:30 p.m.
518-770-7818

St. Peter's Medical Imaging

518-525-1401, ext. 2 for all locations

Albany Advanced Imaging

3 Atrium Drive, Albany
Monday – Friday, 7:30 a.m. – 3:45 p.m.

Albany Memorial Campus

600 Northern Blvd., Albany
Seven days/week, 7 a.m. – 8 p.m.

Clifton Park Advanced Imaging

648 Plank Road, Clifton Park
Monday – Friday, 7:30 a.m. – 3:45 p.m.

Samaritan Hospital

2215 Burdett Ave., Troy
Seven days/week, 7 a.m. – 8 p.m.

St Peter's Medical Imaging - Outpatient

319 S. Manning Blvd., 4th Floor, Suite 401, Albany
Monday – Friday, 7 a.m. – 3:15 p.m.

1 Tallow Wood Drive, Clifton Park
Monday – Friday, 7 a.m. – 3:15 p.m.

279 Troy Road, Walmart Plaza, Route 4
East Greenbush
Monday – Friday, 7:30 a.m. – 3:45 p.m.

ORTHOPEDIC CARE

*(treating acute injuries for new and established patients;
services include exams, X-rays, casting, and splinting;
patients may call ahead to schedule an appointment
if available; please call ahead for all pediatric patients
to ensure there is availability)*

St. Peter's Orthopedics

1182 Troy Schenectady Road, Suite 100, Latham
Monday – Friday, 8 a.m. – 4 p.m.
518-269-4690

PRIMARY CARE

Ellis Primary Care – Glenville

(for established patients only)

115 Saratoga Road, Suite 200, Glenville
Monday – Thursday, 8 – 10 a.m.
518-243-3360

Ellis Primary Care – McClellan St.

624 McClellan St., Schenectady
Monday – Thursday, 8 a.m. – 5 p.m.
(for established and new patients)
Friday, 9 a.m. – 3 p.m. *(for established patients only)*
518-382-2260

Ellis Medicine Primary Care - Mohawk Harbor

(for established patients only)

200 Harborside Drive, Schenectady
Monday – Friday, 11 a.m. – noon
518-881-4700

Ellis Walk-In Care - Clifton Park

(for established patients only)

Medical Center of Clifton Park
103 Sitterly Road, Suite 2300, Clifton Park
Monday and Tuesday, 4 – 5 p.m.
518-579-2800

Johnstown Family Health Center

(for established pediatric patients only)

700 S. Perry St., Johnstown
Monday and Friday, 3:45 – 4:45 p.m.
518-762-3161

PULMONARY CARE

St. Peter's Health Partners Medical Associates

Pulmonary & Critical Care Services

(for new and established patients; walk-in appointments are limited to five per day, first-come, first served; services include chest X-ray, rapid COVID/flu testing, nebulizer treatments, and spirometry)

2 New Hampshire Ave., 1st Floor, Troy

518-272-0331, or

5 Palisades Drive, Suite 100, Albany

518-438-4496

Monday, Wednesday, Friday, 8 – 11:30 a.m.

SAME-DAY* ACCESS SERVICES (Appointments Required) at IHANY LOCATIONS

EAR/NOSE/THROAT (ENT) AND ALLERGY

Albany ENT & Allergy Services

(same-day clinic for non-urgent ENT Issues for new and established patients)

123 Everett Road, Albany

Monday – Friday, 8:30 a.m. – 3 p.m.

518-701-2085

MUSCULOSKELETAL MEDICINE

St. Peter's Sports & Spine

(for acute musculoskeletal injuries — injuries that happen suddenly, like a sprained wrist or ankle from a fall)

1182 Troy Schenectady Road, Ste. 100, Latham

Monday – Friday, 8 a.m. – 5 p.m.

518-713-5400

PRIMARY CARE

Huddle Health

(for adults and children; virtual/in office)

3040 Broadway, Schenectady

Monday – Friday, 11 a.m. – 2 p.m.

518-357-2011

St. Mary's Primary Care

(for adults and children; established patients only)

Amsterdam Family Health Center

Rao Outpatient Pavilion, Upper Level

4950 State Highway 30, Amsterdam

Monday – Friday, 7 a.m. – 5 p.m.

518-841-3770

VASCULAR CARE

St. Peter's Vascular Associates

(for those experiencing leg pain or color change, wounds of the leg or foot, DVT symptoms, or problems with dialysis access)

1735 Route 9, Clifton Park

Monday – Friday, 8 a.m. – 4 p.m.

518-525-8220

Amsterdam Family Practice

Holland Circle Medical Plaza

119 Holland Circle Drive, Amsterdam

Monday – Friday, 8 a.m. – 5 p.m.

518-843-4522

Broadalbin-Perth Family Health Center

3768 State Highway 30, Amsterdam

Monday and Thursday, 8 a.m. – 8 p.m.

Tuesday, Wednesday, Friday, 8 a.m. – 5 p.m.

518-883-3121

Canajoharie Family Health Center

(for adults and children)

48 Erie Blvd., Canajoharie

Monday – Friday, 7:30 a.m. – 5 p.m.

518-673-2573

Charlton Family Health and Specialty Center

(for adults and children; established patients only)

2370 State Highway 67, Amsterdam

Monday – Friday, 8 a.m. – 4:30 p.m.

518-839-0606

Gloversville Family Health Center

84 E. State St., Gloversville

Monday – Friday, 7 a.m. – 5 p.m.

518-773-8894

Johnstown Family Health Center

(for adults and children)

700 S. Perry St., Johnstown

Monday – Friday, 8 a.m. – 5 p.m.

518-762-3161

SAME-DAY* ACCESS SERVICES (Appointments Required) at IHANY LOCATIONS

St. Peter's Health Partners

Capital Region Family Health Care – East Greenbush

2 Empire Drive, Suite 100, Rensselaer

Monday – Friday, 7 a.m. – 7 p.m.

Saturday, 8 a.m. – 4 p.m.

518-286-4899

PULMONARY

Ellis Medicine

Schenectady Pulmonary, Critical Care & Sleep Disorders Centers of Ellis Medicine

(for established patients only, ages 18+)

Town Square Plaza

101A Town Square Drive, Amsterdam, or

1101 Nott St., 1st Floor, C-wing, Niskayuna

Hours vary by provider. Call 518-289-2400.

St. Mary's Healthcare

St. Mary's Healthcare Pulmonology and Sleep Medicine

(for new and established adult patients)

425 Guy Park Ave., Suite 302, Amsterdam

Monday – Friday, 8 a.m. – 4:30 p.m.

518-841-7432

UROLOGY

(same-day/next-day virtual appointments for patients ages 16+ with chronic UTI symptoms. NOTE: New patients will need to be seen in person with a provider referral and any past labs to become established with the practice before they can access these virtual appointments.)

St. Peter's Health Partners

Capital Region Urology

Monday – Friday, 8 a.m. – 4 p.m.

**(Appointments will be scheduled for the same day or the next day, depending on the time of the call.)*

2 Executive Park Drive, 2nd Floor, Albany

518-489-7494

319 S. Manning Blvd., Suite 106, Albany

518-438-1019

1735 Route 9, Building B, Clifton Park

518-525-1789



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Breast Cancer Screening/Mammography



**ST PETER'S HEALTH
PARTNERS**

A Member of Trinity Health

St. Peter's Breast Center

St. Peter's Hospital

317 S. Manning Blvd., Suite 305, Albany, NY 12208
(518) 525-7536

St. Peter's Breast Center

Washington Ave.

1365 Washington Ave., Albany, NY 12206
(518) 525-5287

St. Peter's Breast Center

Samaritan Hospital - St. Mary's Campus

1300 Massachusetts Ave., Troy, NY 12180
(518) 268-5353

St. Peter's Medical Imaging

Clifton Park

1 Tallow Wood, Clifton Park, NY 12065
(518) 373-4448

St. Peter's Medical Imaging

East Greenbush

Walmart Plaza, Rte. 4, 279 Troy Rd., Rensselaer, NY 12144
(518) 880-6300

Albany Advanced Imaging

3 Atrium Drive, Suite 160, Albany, NY 12205
(518) 438-0600



Bellevue Woman's Center

2210 Troy-Schenectady Rd., Niskayuna, NY 12309
(518) 346-9400

Ellis Hospital

1101 Nott St., Schenectady, NY 12308
(518) 243-3333



Rao Outpatient Pavilion

4950 State Hwy 30, Amsterdam, NY 12010
(518) 841-7224

Colon Cancer Screening



**Albany
Gastroenterology
Consultants**

Albany Gastroenterology Consultants

1375 Washington Ave., Suite 101, Albany, NY 12206
518-533-5000



**ST PETER'S HEALTH
PARTNERS**

A Member of Trinity Health

Capital District Colon & Rectal Surgery Associates

St. Peter's Hospital Campus

319 S. Manning Blvd., Suite 310, Albany, NY 12208
518-438-2776



St. Mary's Gastroenterology Health Center

Medical Office Building, Floor 2/Suite 201
425 Guy Park Ave., Amsterdam, NY 12010
518-843-1240

**We recommend all patients check the details
of their insurance to understand their coverage
and cost responsibility.**

