



135 West 300 South, Spanish Fork
Monday, Thursday 6:30 am – 5:30 pm
Tuesday, Wednesday 7:30 am – 5:30 pm
1st & 3rd Saturday 8:00 am – 12:00 pm
Direct Phone Number: (801) 508-6072



MELINDA MIDGLEY
Physician

I am a Physician with special experience in OB, Gynecology, Women's Health, Sports Medicine, and Mental Health. I am excited to be serving the educators, administrators, and staff of Nebo School District. I love anything outdoors with my family and playing soccer. I am married and have five children. We all love skiing and our two cats.
Monday, Thursday



VALYNN HASLAM
Family Nurse Practitioner

I am a Family Nurse Practitioner, working throughout the Utah Valley for 17+years. My goal is to help you get, stay, and be healthy. I have specialized experience in treating sleep-related problems (insomnia, sleep apnea, etc). When not working I enjoy sports games, music, painting, crafts and DIY projects.
Mon, Tues, Wed, Thurs.



ABBIE WEBSTER
Health Center Manager

I am the Health Center manager for three Premise health clinics in Utah. I am a Registered Nurse and have been working in patient care for over 20 years. I LOVE what I do. I love to help people and to make a difference in their lives, all while promoting healthy habits and wellness.



LAURA ARELLANO GARCIA
Certified Medical Assistant

I am a full time Medical Assistant serving you in the clinic. I am the youngest of eight. Losing my mother at a really young age contributed to me wanting to be in the medical field. I like to help those who need it most. I have experience in pediatrics, family medicine, acute care, sleep medicine and occupational health.



WENDY BRADFORD
Registered Nurse

I have been a nurse for 43 years and have worked in Mother-baby, orthopedics, neurology and Med/Surg telemetry. I live in Spanish Fork and have called it home for 33 years! I have 4 kids and 8 grandkids. I love to quilt, play pickleball (loving the Nebo district indoor fitness center) and walk the Spanish Fork River Trail.



CINDY STANLEY
Certified Medical Assistant

I have been a Medical Assistant for 19 years, with experience in various specialties including pediatrics, OB/GYN and ENT. I enjoy working with people and helping where I can! I love spending time with my kids and grandkids, and the small town feel of living in Spanish Fork.



Activate your account today.

Online at mypremisehealth.com or download the My Premise Health app.

Who can use these services? All NEBO School District employees covered on the District medical insurance and their dependents can be seen at the Health & Wellness Center