

Nebo SCHOOL DISTRICT

Health & Wellness Center



Nebo School District and Premise Health are bringing you a better healthcare experience. You have access to a wellness center dedicated to you and your needs. Your center is not open to the public like other community clinics. This leads to a personalized experience, shorter wait times and ultimately, better care.

These are some of the services waiting for you as a member:

- Annual physicals
- Acute & urgent care
- Chronic condition care
- Women's health
- Pediatric care (ages 2+)
- Wellness coaching
- Onsite medications
- Lab draws
- Immunizations



Schedule a visit to get started.

My Premise Health app | mypremisehealth.com

Scheduling: (877) 423-1330; Direct: (801) 508-6072



Dr. Melinda Midgley



Valynn Haslam, NP

Location: 135 West 300 South, Spanish Fork, UT 84660

Health Center Hours:

Monday: 6:30 am – 5:30 pm

Tuesday: 7:30 am – 5:30 pm

Wednesday: 7:30 am – 5:30 pm

Thursday: 6:30 am – 5:30 pm

Saturday: 1st & 3rd, 8:00 am – 12:00 pm

Who can use these services?

The Health Center is available to all employees and their eligible dependents ages 2 and up on the Select Health medical plan.

