

Healthcare feels different here.

As a Nebo School District Health and Wellness Center member, you have access to providers that are dedicated to you and your needs.



Some of the services waiting for you & your covered dependents:

- **Primary Care Services**
- **Annual Wellness Exam for Select Health Incentive Program**
- **100+ Onsite Medications**
- **Lab Services**
- **Flu Shots**
- **Wellness, health coaching & health maintenance**
Lifestyle/Risk coaching; Pre-Diabetes; Tobacco Cessation; Pre-Hypertension; Cholesterol; Stress
- **Preventive exams including school, sports & camp physicals**
- **Acute Care**
Strep throat, Ear infections, Cuts & contusions, Bronchitis, Minor bumps & rashes, Bladder/urinary tract, Sore throat, Pink eye, Flu
- **Chronic Disease Management**
Diabetes, Heart failure, Asthma, Obesity, Hypertension, Cholesterol
- **Mental Health**
Anxiety, Depression
- **Symptom Management**
Colds/flu, Gastric reflux, Headache, Fever, Allergy symptoms, Muscular sprains/strains, Cough, Fatigue, Upper respiratory, Sinusitis, Abdominal pain/stomach upset
- **Dermatology**
Removal of moles & skin lesions, Acne treatment, Freezing of warts, Treatment of eczema & psoriasis, Basic stitches
- **Well-Women/Well-Men Visits**
Cervical Screenings (Pap smears), Contraception management, Infertility counseling, Men's physicals



Schedule a visit to get started.

My Premise Health app | mypremisehealth.com

Nebo School District Health and Wellness Center
135 West 300 South, Spanish Fork, UT 84660
Monday - Thursday, 7 a.m. - 5:30 p.m.
(801) 508-6072



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.

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