

Premise Health®



Nebo

SCHOOL DISTRICT

135 WEST 300 SOUTH

MONDAY - THURSDAY

7:30 AM - 5:30 PM



MELINDA MIDGLEY
MD
Mon & Wed

I am the 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!



ABBIE WEBSTER
RN

I am the Health Center manager for three Premise health clinics in Utah. I have been in health care for 20 years, and I LOVE what I do. I love to be there for people and to make a difference in their lives. "Whether you think you can, or you think you can't— you're right!"



MEGAN GRIFFITH
RN

I am the Licensed Practical Nurse (LPN) and having been practicing since 2008. I started my career caring for elderly patients. Prior to joining Premise Health, I was working as an Assistant Director of Nursing in a Skilled Nursing Facility. I am an entrepreneur, and previously owned my own medical staffing agency. I am a mother of two great boys, and I enjoy spending time outdoors with my family, & Doodle Dog Sammy!



VALYNN HASLAN
MSN FNP-C
Mon - Thur

I am the Family Nurse Practitioner, working throughout the Utah Valley for 17+ years. My goal is to help you get healthy, be healthy and stay healthy - to be a valuable resource to you and your family. When not working I enjoy sports games, music, painting, crafts and DIY projects.



BRITTANY BRAND
RN

I am a nurse for Premise Health. After my first career, I decided to return to school to fulfill my childhood dream of being a nurse. I graduated from Westminster College in 2019 and spent time working in both the Operating Room and the Emergency Department before coming to work for Premise Health. I am married and have 3 kids, 2 in-law kids and 1 beautiful granddaughter born in May of 2022



LAURA ARELLANA
GARCIA
CCMA

I am the Medical Assistant- The youngest of 8, losing my mother at a young age encouraged me to join the medical field, helping those who need it most. I have experience with pediatrics, family medicine, acute care, sleep and occupational health. "Life is a lot more fragile than we think. So you should treat others in a way that leaves no regrets. Fairly, and if possible, sincerely."
Mahatma Ghandi

WHO CAN USE THESE SERVICES?

All District employees covered on the District medical insurance and their dependents

ACTIVATE YOUR ACCOUNT

