

Premise Health<sup>®</sup>



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

