



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.



WENDY BRADFORD
Registered Nurse

I have been a nurse for 43 years and have worked in Mother-baby, orthopedics, neurology and Med/Surg teleme-try. 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. I am enjoying the opportunity to work for Premise Health providing health and wellness care to you all!

"Be a little kinder than you have to be." -

E Lockhart



MEGAN GRIFFITH
Licensed Practical Nurse

I have been a nurse since 2008 after obtaining my Licensed Practical Nurse (LPN) degree from Ameritech College. 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!



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.

"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." — Haruki Murakami



ABBIE WEBSTER
Health Center Manager

I am the Health Center manager for three Premise health clinics in Utah. I have been in patient care for over 20 years, and 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.

"An ounce of prevention is worth a pound of cure."

- Benjamin Franklin



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