

WE ARE GROWING TO CARE FOR YOU BETTER!



Meet Our Newest Providers!



Siva Guntupalli, MD

 147 S 52nd Pl
Springfield, OR 97478

Quick Facts

- Experienced primary care physician with clinical and research backgrounds in both India and the U.S., including work at the Mayo Clinic.
- Recognized for his exceptional diagnostic skills and patient-centered communication.
- Enjoys outdoor activities like hiking, kayaking, and cycling, reflecting his passion for balance and well-being.



Graeme Marquez, MD

 147 S 52nd Pl
Springfield, OR 97478

Quick Facts

- Double board-certified in Internal Medicine and Sports Medicine with training at Case Western Reserve University and UNC Health Appalachian.
- Specializes in non-operative orthopedics, concussion management, and musculoskeletal ultrasound.
- Dedicated to helping patients and athletes return to peak performance through personalized, evidence-based care.



Call Us Today!
(541) 746-1166



Schedule Online
Scan QR Code



Keep Your Doctors. Keep Your Care.



Medicare Advantage Open Enrollment Has Started

During Medicare's Annual Enrollment Period (Oct 15 – Dec 7), you can choose a Medicare Advantage plan that lets you continue seeing your Praxis Health providers.

2026 Medicare Advantage Plans that Cover Praxis

- AARP United Healthcare
- Providence
- PacificSource
- Regence

What to do now (it's easy).

1. **Review your current coverage.** Look for your plan's Annual Notice of Change.
2. **Confirm Praxis is in network.** Search your plan's provider directory or call the number on your card.
3. **Pick a partner plan.** If needed, switch to one of the plans above to stay with your care team.
4. **Enroll by Dec 7.** New coverage typically starts Jan 1, 2026.

We are here to help.

Questions for Praxis? Call your clinic, visit GoPraxisHealth.com/clinic-locations.

Questions about coverage or costs? Call your plan directly or speak with a licensed Medicare agent.



Why Are Annual Exams Important?

Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

Schedule an Appointment Today

[Schedule Now](#)



Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 50% among the US population during flu seasons.



Benefits of Flu Vaccinations*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

*According to the CDC

We offer flu vaccinations for the entire community!

You do not need to be a Thurston Medical Clinic patient to get your flu shot. We offer flu vaccinations for ages 6 months and Up. Stay healthy this flu season!

-Your Thurston Medical Clinic Team



How to Book Your Vaccination:

1. View Vaccination Dates and times below
2. Click the link to Schedule (By Appointment Only)

Thurston Medical Clinic

 147 S 52nd Pl
Springfield, OR 97478

 (541) 746-1166

 www.ThurstonMedicalClinic.com

[Schedule Flu Shot](#)

Stay Protected.

What to Know About Measles & the MMR Vaccine

Measles, mumps, and rubella can cause serious illness—but the MMR vaccine offers strong, long-lasting protection.

Who's already protected:

- ☑ Most people **born before 1957** likely have natural immunity
- ☑ Those born in **1957 or later** should have **at least one documented dose** of MMR

Who needs two doses:

Some adults are at higher risk and should receive two doses*, 28 days apart:

- ☑ Healthcare workers
- ☑ International travelers
- ☑ College students
- ☑ Close contacts of immunocompromised individuals

*Booster not required for most: If you've had both doses, you're typically covered for life.

Uncertain? Get the Vaccine Anyway

It's safe to get another dose if you're uncertain. A quick check with your pharmacy can ensure you're fully protected.