

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



Tired of Allergies?

Relief Is Closer Than You Think



Don't Let Allergies Take Over Your Season

Find Relief Before Symptoms Take Over

Oregon Allergy Associates is part of our Praxis Health family of clinics, delivering trusted, specialized care to our community since 1979. As a leading allergy, asthma, and Immunology practice, they combine decades of experience with advanced technology to provide personalized, effective treatment. If you're ready to breathe easier and take control of your symptoms, now is the time to join!

Why Choose Oregon Allergy Associates?

- ✓ Proudly Serving the Community Since 1979
- ✓ Patient-centered, Compassionate Care
- ✓ Personalized Treatment Plans
- ✓ Comprehensive Allergy, Asthma & Immunology Care
- ✓ Allergy Testing & Immunotherapy

Join Us Today



Visit

OregonAllergyAssociates.com



Scan QR Code

Use your phone to scan code



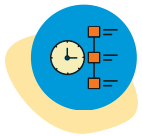


Your Referral Journey: What Patients Should Know

Why Do Referrals Take Time?

- Many specialists have limited availability, long waitlists, or aren't accepting new patients.
- Insurance companies often require prior authorization, which can take days to weeks.
- Our team may need to contact multiple offices to find one that accepts your insurance and can see you in a reasonable timeframe.

What Else Should I Know?



Expected Timelines

These are estimates based on typical processing steps:

- Internal referrals (within Praxis Health): 3–7 business days
- External referrals: 7–14 business days
- With insurance authorization: 10–21 business days or longer



How You Can Help

✓ What to Do

- Keep your insurance information current
- Ensure we have your current phone number and email
- Respond promptly to messages from our office
- Allow the standard timeframe to pass before calling for updates
- Let us know about specific scheduling needs or symptom changes

x What to Avoid

- Calling repeatedly within the standard timeframe. Each call pulls staff away from processing referrals, which can slow the overall process
- Calling both offices multiple times. Call the appropriate office for your stage (see above)
- Assuming denial if you haven't heard back. Most delays are due to insurance or specialist availability
- Scheduling before confirming insurance. This can lead to cancellations or unexpected costs



Who to Call and When

Call the Specialist's Office if:

- You've been told they accepted your referral
- You were instructed to schedule directly
- You need to reschedule or cancel an appointment
- You have questions about their location or processes

Call Our Office or Referral Team if:

- The standard timeline has passed with no update
- Your insurance or contact information has changed
- You received a follow-up message from our team
- Your symptoms have changed or worsened
- You have already called the specialist office

WOMEN'S HEALTH



Women's health isn't just about Pap smears and mammograms, though those are critically important! It's about supporting your health at every stage, every age, every concern.

From your 20s through your 60s and beyond, your body changes and your healthcare should change with you.

Our providers are here to help you address any and all concerns including:



Reproductive choices and family planning



Navigating perimenopause and menopause symptoms



Painful periods, heavy bleeding, or irregular cycles



Breast health, bone health, heart health

Meet Our Newest Women's Health Provider



Victoria Miller, APRN FNP-C

Victoria is a Family Nurse Practitioner who graduated with honors from the University of Alaska and specializes in comprehensive women's health care across all life stages. She is passionate about patient education, evidence-based care, and building partnerships with patients, and enjoys spending time with her grandchildren, sourdough baking, and gardening.



[Schedule a visit](#) to discuss your women's health needs



Thurston Medical Clinic
PRAXIS HEALTH





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](#)



Schedule Whenever You Are Ready

Skip the wait and schedule an appointment today!



Online Scheduling

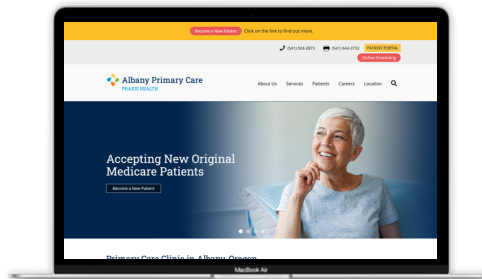
Our **online self-scheduling platform** creates a quick, and easy to use, way for you (the patient) to schedule appointments with your provider. No need to make a phone call and be put on hold, instead, save yourself time, and easily make an appointment from the comfort of your home, even on the weekends!

Appointment Options:

- Acute Issue
- Annual Wellness (Ages 65+)
- Blood Pressure Check
- Chronic Conditions Recheck (Hypertension, Diabetes, Asthma)
- ER/Urgent Care Follow UP
- Established Patient - New Issues
- Flu Shot
- Physical/Preventative (Ages 64 and below)
- Sports Physical
- UTI

Schedule Online Today!

- 1 Go to our scheduling site:
Phreesia.Me/Thurston
- 2 Click on our online scheduling button



[Online Scheduling](https://phreesia.me/thurston)

You can also scan the QR Code
with your phone.





Our Patient Portal Makes Things Easier

Communicate with your care team directly!



Patient Portal

Communicate with your care team directly without ever picking up the phone! View your current vitals, immunizations, lab results, and other important health information whenever you need it.

Patient Portal allows you to:

- 1 Communicate directly with your care team
- 2 View all your health information and visits
- 3 Prescription Refills
- 4 View Lab Results & Medications
- 5 Pay bills online
- 6 Save time and get answers

Contact Us



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(541) 746-1166



ThurstonMedicalClinic.com

[Access Portal](#)