

NOW ACCEPTING NEW PATIENTS!

Welcome!


Quick Facts About Our Provider


- Carmella is a primary care provider with a passion in focusing on cardiovascular health, chronic illness, and preventive health care for adults.
- Carmella is excited by the prospect of helping manage daily healthcare for her patients, with a deep understanding of patient-caregiver relationships, education, preventive medicine, and disease interactions, backed by 20 years of direct patient care experience.
- Carmella is returning to Central Oregon where she started her nursing career as a nurse practitioner graduate from Spring Arbor University!



Carmella Fullenwider, FNP

High Lakes Redmond

 645 NW 4th St
Redmond, OR 97756


 (541) 389-7741

**Schedule an
Appointment Today!**



Scan QR Code

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 (541) 389-7741

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Jill Parkin, LCSW

Welcome!

Jill Parkin is a Licensed Clinical Social Worker dedicated to supporting and improving patients' mental and behavioral health. After growing up in Spokane, Washington, Jill earned her bachelor's degree in psychology (with Honors) from Whitman College in Walla Walla, Washington, and her master's degree in clinical social work from the University of Chicago.

Since graduating, Jill has worked in both primary healthcare and traditional behavioral health settings. She has also worked and volunteered in homeless services.

She provides evidence-based, solution-focused psychotherapeutic interventions for a variety of concerns, including life challenges, anxiety, depression, chronic health conditions, sleep issues, medication adherence, smoking cessation, and trauma.

As a Behavioral Health Consultant, Jill excels at...

- Connecting with her patients
- Helping patients access community resources
- Advocating for patients' mental health needs
- Providing high quality psychoeducation and counseling

Refer Your Patients Today!

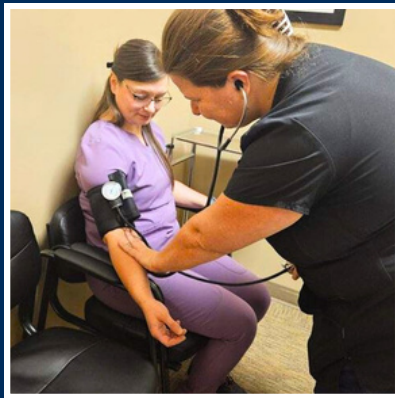


High Lakes Health Care
PRAXIS HEALTH

Thank You Central Oregon!



We are honored to serve you and our communities.



We're Here For What Matters Most

"We are honored and humbled to be voted the Best Medical Group in Central Oregon for the 7th year in a row! Taking care of you, our amazing patients and your families, is why we come to work every day. We are grateful to be a part of this community and to have the opportunity to care for such wonderful people. From the bottom of our hearts, thank you for your continued support. We look forward to providing the best care possible for years to come."

- High Lakes Health Care Team

Visit Us Online  HighLakesHealthCare.com



**BEST
MEDICAL GROUP
CENTRAL OREGON**

2024, 2023, 2022,
2021, 2020, 2019, 2018

7 YEARS IN A ROW!



Family Medicine



Internal Medicine



Gynecology



Urgent Care



Dermatology



Endocrinology



Neurology

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and Schedule an
Appointment!



KNOW WHERE TO GO FOR THE RIGHT CARE



PRIMARY CARE


For **non-emergency and preventative services.**


- Routine Checkups
- Immunizations
- Minor Illnesses
- Minor Injuries
- Mental Health Services
- Chronic Disease
- Medications Management



HIGH LAKES HEALTH CARE

We have multiple locations to serve you!

 Visit our website at: HighLakesHealthCare.com

 (541) 389-7741



URGENT CARE


For **urgent but not life threatening conditions.**


- Cold and Flu
- Asthma Exacerbation
- Headache
- Pink Eye
- Ear Wax Removal
- Rashes
- Urinary Infections
- Vomiting
- Diarrhea
- Orthopedic Injuries
- Minor Injuries




HIGH LAKES URGENT CARE

2 Urgent Care Locations!

 645 NW 4th St. #101
Redmond, Oregon 97756

 1140 SW Simpson Ave. #110
Bend, Oregon 97702

 (541) 389-7741




EMERGENCY ROOM

For **emergency and life threatening conditions.**

- Chest pain
- Seizures
- Difficulty Breathing
- Major Injuries
- Heavy Bleeding
- Stroke
- Poisoning
- Loss of Consciousness
- Severe Shortness of Breath
- Severe Abdominal pain



TO THE NEAREST HOSPITAL

 Find a hospital online that is nearest to you.