High Lakes Health Care
PRAXIS HEALTH

WE ARE GROWING TO CARE FOR YOU BETTER!



Meet Our Newest Provider!



Brandon Nguyen, DO

645 NW 4th St.

Quick Facts

- Obtained his Bachelor of Science in Biology from The College of Idaho and earned his medical degree from Pacific Northwest University of Health Sciences, completing his Family Medicine residency at Full Circle Health in Caldwell, Idaho
- Drawn to family medicine after witnessing the impact of a primary care shortage in his own community, he now treats a wide range of conditions with individualized, whole-person treatment plans
- A Treasure Valley native who spends his free time with his wife, son, and daughter, and enjoys cross-country skiing, running, fishing, hiking, and cooking

Sisters Location Re-Opening in November!

We are very excited to share that our High Lakes Sisters location will be re-opening this November, 2026. For questions about appointment availability and getting scheduled, please call us at the number below. We look forward to providing exceptional care to the Sisters comunity once again!

Call Us Today!
(541) 389-7741

Schedule Online
Scan QR Code

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Sports physicals

Get Kids in for Annual Sports Physicals

Fall sports season is here! A sports physical checks more than a signature on a form: it reviews heart health, growth and development, past injuries, and any conditions that could affect performance or safety on the field, court, or track.

If you haven't already, be sure to **make time for your child's appointment!** Completing this early gives time to follow up on anything that needs a second look before the season starts.

What to Bring

- Any required school or league physical form
- A list of current medications or supplements
- Details on past injuries, surgeries, or ongoing conditions

How to Get a Sports Physical

Walk-Ins are available through our Urgent Care locations. Please schedule online at one of our two locations:

High Lakes Urgent Care - Bend

1140 SW Simpson Ave.
Suite 110
Bend, Oregon 97702

Schedule online

High Lakes Urgent Care - Redmond

645 NW 4th St.
Redmond, Oregon 97756

Schedule online



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Back to School Checklist + Tips

Back to School Checklist

1 **SPORTS PHYSICAL**

Required before most fall sports



3 **VISION SCREENING**

Catch issues before they affect learning



2 **IMMUNIZATIONS**

Check school and state requirements



4 **SLEEP ROUTINE**

Bedtime routines will be adjusted



Stay Healthy this Back to School Season!

Starting the school year off strong means building a few simple habits

- **Wash hands often**, especially before meals and after recess
- **Pack water and a healthy snack** in lunches for extra energy throughout the day
- **Stay active after school** with walks, bike rides, or a fall sport
- **Aim for a consistent bedtime** to stay focused in class

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Whole Family Wellness

Fall Is the Perfect Time for a Wellness Check for Every Member of the Family



As schedules pick back up this fall, it's the perfect time to make sure every member of your family is up to date on their care. We offer preventative services for patients of all ages, from annual physicals and flu shots to chronic condition management and wellness screenings. A little planning now can help your family stay healthy all season long.

What Fall Wellness Visits Cover

- ☑ Annual physicals for kids, teens, and adults
- ☑ Flu shots and seasonal immunizations
- ☑ Chronic condition check-ins (diabetes, hypertension, asthma, and more)
- ☑ Age-appropriate screenings and lab work
- ☑ Sports and school physicals for student athletes

Why Preventative Care Matters

Regular checkups do more than catch problems early. They give your care team a clear picture of your health over time, so small changes get noticed before they become bigger concerns.

For families, staying on the same wellness schedule also makes it easier to keep everyone's appointments organized in one place.

Schedule an Appointment Today!

Schedule Now

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Coming Home for the Holidays? Make Time for Your Health.

Schedule a Wellness Visit While You Have Time.

Our Clinic Holiday Hours

Primary Care & Specialty Clinics

Thanksgiving – Thursday, November 26: *Closed*
Friday, November 27*: Normal business hours*
Christmas Eve – Thursday, December 24: *Closing at 3:00 PM*
Christmas Day – Friday, December 25: *Closed*
New Year's Eve – Thursday, December 31: *Normal business hours*
New Year's Day – Friday, January 1: *Closed*

Urgent Care – Redmond

Thanksgiving*: Closed*
Friday after Thanksgiving: *Closed*
Saturday, November 28: *Normal hours*
Christmas Eve: *Closed*
Christmas Day: *Closed*
Saturday, December 26: *Normal hours*
New Year's Eve: *8:00 AM–4:00 PM*
New Year's Day: *Closed*
Saturday, January 2: *Normal hours*

Urgent Care – Bend

Thanksgiving*: Closed*
Christmas Eve: *8:00 AM–4:00 PM*
Christmas Day*: Closed*
New Year's Eve: *8:00 AM–4:00 PM*
New Year's Day: *Closed*