

JUSTEN WATKINS, D.O.

Diplomate, American Board of Urgent Care Medicine · IFM Certified Practitioner

[Doximity](#) [Institute for Functional Medicine](#) [LinkedIn](#)

EDUCATION

Doctor of Osteopathic Medicine <i>Midwestern University, Arizona College of Osteopathic Medicine — Glendale, AZ</i>	<i>Aug 2009 – May 2013</i>
Master of Business Administration <i>Utah State University — Logan, UT</i>	<i>Aug 2025 – Aug 2027</i>
Post-Baccalaureate Biomedical Studies <i>Arizona State University — Tempe, AZ</i>	<i>Jan 2008 – Aug 2008</i>
B.S., Nuclear Engineering Technology <i>Thomas Edison State University Knolls Atomic Power Laboratory</i>	<i>Oct 2001 – May 2006</i>

POSTGRADUATE TRAINING & FELLOWSHIPS

Fellowship in Integrative Medicine <i>Andrew Weil Center for Integrative Medicine, University of Arizona — Tucson, AZ</i>	<i>Jul 2023 – Sep 2025</i>
Fellowship in Functional Medicine <i>Institute for Functional Medicine</i>	<i>Aug 2023 – Dec 2024</i>
Board Certification <i>American Board of Urgent Care Medicine</i>	<i>December 2023</i>
Internship & Residency <i>Arrowhead Regional Medical Center — Colton, CA</i> <i>Riverside University Health System Medical Center — Moreno Valley, CA</i>	<i>Jun 2013 – Sep 2016</i>

BOARD CERTIFICATION, LICENSURE & CERTIFICATIONS

Board Certification: Diplomate, American Board of Urgent Care Medicine
Functional Medicine: IFM Certified (FMCP-M), Institute for Functional Medicine
Medical Licensure: Licensed Doctor of Osteopathic Medicine in 19 states
Federal: DEA Registration
Life Support: BLS · ACLS · PALS
Occupational: US Department of Transportation Certified Medical Examiner

ACADEMIC & SCHOLARLY WORK

Peer-Reviewed Publication

Watkins J, Cabanne M, Miulli D. Markedly improved success rate of endoscopically assisted third ventriculostomy is achieved by routine placement of external lumbar drain. *Journal of Neurological Surgery Reports*. 2017;78:e71–e76. ISSN 2193-6358.

Book Chapter

Watkins J. Ventilator Management of the Neurosurgical Patient. In: *Siddiqi J, ed. Neurosurgical Intensive Care, 2nd ed.* New York: Thieme. ISBN 978-1626232341.

Invited Presentation

Prize-Winning Podium Presentation. American College of Osteopathic Surgeons, Annual Clinical Assembly — Phoenix, AZ, September 22, 2016.

Clinical Research

Investigator — Study of NNZ-2566 in Patients with Traumatic Brain Injury (under EFIC) *Jun 2013 – Feb 2015*
Research Assistant — Phoenix Neurological Associates *Jun 2010 – Dec 2010*
Phoenix, AZ — Analysis of CSF biomarkers, FRS progression rate, and mortality in amyotrophic lateral sclerosis

ACADEMIC APPOINTMENTS

Clinical Preceptor *Jun 2024 – Jun 2025*
Rocky Vista University — Logan, UT

ADMINISTRATIVE & PUBLIC HEALTH LEADERSHIP

Medical Director / Chief of Staff *Sep 2021 – Jun 2024*
Lane County Hospital & Rural Health Clinic — Dighton, KS

County Health Officer *Jan 2022 – Jun 2024*
Lane County, Kansas — Dighton, KS

Medical Director, Public Health Department *Jan 2022 – Jun 2024*
Lane County, Kansas — Dighton, KS

Deputy County Coroner *Nov 2021 – Jun 2024*
Lane County, Kansas — Dighton, KS

CLINICAL PRACTICE

Regional Physician Lead & Attending Physician *Jun 2024 – Present*
Tapestry Health — Stratford, CT

Attending Physician *Jun 2024 – Jun 2025*
Living Tree Medical Group — Logan, UT

Medical Director / Chief of Staff *Sep 2021 – Jun 2024*
Lane County Hospital & Rural Health Clinic — Dighton, KS

Supervising Physician *Jun 2018 – Apr 2020*
LA Laser and Skin Center — Los Angeles, CA

Founder & Medical Director *Jan 2017 – Sep 2021*
Bembi Medical Corporation ([link to video](#)) — Highland, CA

Attending Physician *Sep 2016 – Sep 2021*
West Point Medical Center — San Bernardino, CA

HOSPITAL STAFF APPOINTMENTS

Courtesy Privileges *Aug 2024 – Present*
Logan Regional Hospital — Logan, UT

Courtesy Privileges *Aug 2024 – Present*
Cache Valley Hospital — Logan, UT

Attending Physician *Oct 2021 – Jun 2024*
Lane County Hospital — Dighton, KS

Resident Staff *Jun 2014 – Sep 2016*
Kaiser Permanente Fontana Medical Center — Fontana, CA

Resident Staff *Jun 2014 – Sep 2016*
Redlands Community Hospital — Redlands, CA

Resident Staff *Jun 2013 – Sep 2016*
Arrowhead Regional Medical Center — Colton, CA

Resident Staff
Riverside County Regional Medical Center — Moreno Valley, CA

Jun 2013 – Sep 2016

COMMITTEES & BOARDS

Clinical Governance Board
Tapestry Health

Dec 2024 – Jun 2025

Advisory Committee on Trauma
Kansas Department of Health & Environment

Sep 2022 – Jun 2024

Medical Advisory Board
Kansas Department of Revenue

Jan 2023 – Jun 2024

Hospital Boards & Committees
Lane County Hospital — Dighton, KS

Sep 2021 – Jun 2024

MILITARY & PRIOR PROFESSIONAL EXPERIENCE

Submarine Reactor Operator
United States Navy — USS Wyoming (SSBN-742), Gold Crew — Kings Bay, GA

May 1999 – Sep 2005

Managing Technical Engineer
Wolf Electronics (acquired by Computrol, Inc.) — Orem, UT

Nov 2008 – Jul 2009

SERVICE & VOLUNTEER WORK

4-H Leader

Feb 2022 – Jun 2024

Veterans of Foreign Wars — Member at Large

Jun 2019 – Jun 2024

Scoutmaster, Boy Scouts of America
Glendale, AZ

Nov 2008 – Jun 2013

Arizona State Brain Bee Organizer
Midwestern University — Glendale, AZ

Feb 2010 & Feb 2011

Trauma Center Volunteer
Arrowhead Regional Medical Center — Colton, CA

March 2010

Athlete Assistant, Special Olympics Summer Games
California & Utah

2006 & 2009

Medical Volunteer, Pediatric Urgent Care Clinic
Gilbert, AZ

Mar 2008 – Jul 2008

Trauma Unit Undergraduate Internship
Scottsdale Medical Center — Scottsdale, AZ

Jan 2008 – Feb 2008

Missionary (Spanish-speaking)
The Church of Jesus Christ of Latter-day Saints — Anaheim, CA

Nov 2005 – Dec 2007

PROFESSIONAL ORGANIZATIONS

American Osteopathic Association (2009–Present) · Utah Medical Association (2024–Present) · American Legion (2023–Present) · Veterans of Foreign Wars (2019–Present)

LANGUAGES

English (native) · Spanish (fluent)