

Meet the Providers



James Springer, MD

Dr. James Springer graduated with his Doctorate in Medicine from American University in 1987 and completed his three-year Practice Medical Residency at Union Hospital in Terre Haute. Dr. Springer has been board certified for both adult and pediatric care in California, Oregon and Indiana. He is also a Diplomat at the American Board of Family Practice being Board Certified in the practice of Family Medicine. Dr. Springer has provided family practice medicine since 1991, including seven years in Shelbyville as a practitioner with Shelby County Family Medicine, which is now referred to as MHP Family & Internal Medicine.



Riley Helms, PA-C

Riley was born and raised in Shelbyville. She received her undergraduate degree from Franklin College and completed her Masters of Physician Assistant Practice from the University of Dayton. She enjoys spending time with her husband, watching Criminal Minds, and playing outside with their husky Yogi.



Brooke Manning, NP

Brooke is a Nurse Practitioner with a BSN from Marian University and an MSN-NP from Indiana Wesleyan University. Passionate about patient care, she aims to support patients in reaching their health goals while continuously expanding her knowledge. Outside of work, she enjoys boating, reading, and spending time with her husband, baby, and cat.



Tammie Phillips, DNP, NP-C

Tammie Phillips has been a nurse for 18 years. She earned a Doctorate in Nursing Practice from Indiana State University as well as a Post-Masters Certificate in Family Nurse Practitioner from Indiana Wesleyan University. In her free time, she sings with a small group, loves to travel with her family, and enjoys sitting on her comfy front porch with a good book.



David Pavey, NP

David is a Nurse Practitioner with an Associate Degree from Ivy Tech, a Bachelor's Degree from IUPUC, and a Master's Degree from Indiana State University. He became an NP to make a meaningful impact through patient education, believing that informed patients are more likely to follow through with treatments. In his free time, he enjoys spending time with family, outdoor activities, and hobbies like camping, hiking, and automotive work.