



Heather Jackson, MD

Physician and Founder of Become Health



Contact

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Education

Family Medicine Residency

Lancaster General Hospital
2005-2008

Medical Doctorate

University of Utah
2000-2005

BS Zoology/Chemistry

Brigham Young University
1996-2000

Experience

- 20 years of practicing Family Medicine
- Mother of 4 (including children with special needs)
- Heavily involved in community focusing on women and youth support

Language

English
Spanish (semi-fluent)

About Me

My purpose is to help myself and others recognize and reach their fullest potential via bespoke healthcare. Inspired by my experience as a mother and beekeeper, I believe that each person plays a unique and vital role in their community, and true well-being comes from nurturing not just the body, but also the mind and spirit. I am dedicated to cultivating meaningful relationships and providing holistic, compassionate care so that individuals and families can thrive.

Work Experience

Primary Care Physician and Founder

Become Health
Millcreek, Utah

February 2025-Present

- Provide direct primary care to patients ages of all ages

Medical Consultant

Liger Medical
Lehi, Utah

2000-Present

- Provide testing and advice for development of life-saving medical devices

Primary Care Physican, Partner, Researcher

Foothill Family Clinic
Salt Lake City, Utah

February 2008- December 2024

- Provided fee-for-service care to patients ages of all ages
- Delivered over 300 babies
- Investigator in numerous vaccine and medication development trials