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**XLHEALTH AND INSPIRIS JOIN FORCES TO IMPROVE CARE
FOR NURSING HOME RESIDENTS IN TENNESSEE'S
MEDICARE HEALTH SUPPORT PILOT PROGRAM**

- Approx. 600 Chronically Ill Residents to be Offered Health Support Services -

Nashville, TN – November 14, 2006 – Chronically ill residents of nursing homes often lack the physical and cognitive ability required to manage their conditions and avoid debilitating complications such as blindness, amputation or stroke. Their clinical complexity and fragile state of health places a heavy burden of responsibility on long-term care facilities.

In response, XLHealth, one of the nation's leading disease management companies, and INSPIRIS, an expert provider of care management services to nursing home residents, have joined forces to provide support for nursing home residents participating in Tennessee's Medicare Health Support pilot program. Approximately 600 program participants living with chronic health conditions such as diabetes and heart failure will be offered comprehensive health support services designed to help identify and intervene with complications early, before they require hospitalization.

"We're excited about working with INSPIRIS and implementing their intensive approach to care management," said David Hollis, M.D., chief medical officer of XLHealth's Medicare Health Support program. "Caring for chronically ill program participants in nursing homes presents a unique set of challenges, and we feel confident that INSPIRIS' expertise in working with these individuals will help our program participants avoid complications and improve their quality of life."

"INSPIRIS nurse practitioner-led teams offer face-to-face, interventions that XLHealth's chronically ill participants need for optimal living," said Gregg Lehman, Ph.D., INSPIRIS' president and chief executive officer. "More frequent, intensified support from our nurse practitioners helps to catch potential problems early so there are fewer acute care admissions to the hospital, better communication with the family, and greater

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patient satisfaction. We are delighted with this opportunity to provide these services to XLHealth's Medicare Health Support participants.”

INSPIRIS' nurse practitioners work closely with XLHealth's personal support teams and the Medicare Health Support participant's main physicians to provide:

- individualized care plans and goal reports based on each participant's unique needs
- on-site initial assessments and regular follow-up visits
- ongoing monitoring and communication with participants, caregivers and nursing home administration
- preventive screenings for depression and complications
- review of participant prescription medication regimen

About Medicare Health Support

XLHealth's Medicare Health Support pilot program (<http://www.xlhealthmhs.com>) offers free health support services to approximately 20,000 fee-for-service Medicare beneficiaries in Tennessee with one or more chronic health conditions. One of only eight organizations nationwide selected by the Centers for Medicare and Medicaid Services to operate a three-year regional pilot program, XLHealth has developed a unique plan that provides each participant with an XLHealth Personal Support Team to support his or her doctor's care plans and provide a variety of additional services that make day-to-day health management easier and more effective. XLHealth's Medicare Health Support program is supported by the Tennessee Medical Association.

About XLHealth

XLHealth (<http://www.xlhealth.com>) has been at the forefront of disease management innovation since its inception. Founded by physicians, many of whom were affiliated with Johns Hopkins, XLHealth supplements the more customary remote telephone “call-center” or direct mail support with ongoing, face-to-face meetings with nurses and physicians. XLHealth's disease management programs provide participating physicians with care collaboration fees and actionable patient reporting. The company's approach improves health outcomes for Medicare recipients while offering valuable time-saving assistance to the practitioner in delivering needed care. XLHealth recently earned Full Accreditation from the National Committee for Quality Assurance (NCQA) under its standards for patient and practitioner-oriented accreditation of disease management programs.

About INSPIRIS

INSPIRIS is a unique health care management company focused on improving the quality of life for the elderly population, while reducing the cost to Medicare Advantage health plans. INSPIRIS partners with individual health plans to provide acute, post-acute, custodial and hospice-care programs that address the needs of the plan's membership. For more information about INSPIRIS, visit www.inspiris.com. For additional reading go to: http://www.inspiris.com/newsarchive/IB_20060815.pdf.