



# INSPIRIS

INSPIRED CARE FOR THE FRAIL ELDERLY

FOR IMMEDIATE RELEASE

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## **INSPIRIS names Mike Tudeen as President and CEO**

*Seasoned executive tapped to lead company which provides care and care management for the frail elderly*

**January 25, 2007 Brentwood, TN --** Mike Tudeen has been named chief executive officer of INSPIRIS, the Brentwood, Tenn.-based company providing care and care management for the frail elderly population. Tudeen previously served as the company's chief operating officer.

"Mike has more than 20 years of experience in health care management, and his depth of knowledge about INSPIRIS' philosophy, operations and direction are unmatched," said Ralph Sabin chairman of INSPIRIS' board of directors. "This health care sector is undergoing tremendous growth. Mike has the track record and knowledge to lead INSPIRIS as we establish new strategic partnerships to expand our services to meet the need in the marketplace for specialized care for the frail elderly."

INSPIRIS also announced that Gregg O. Lehman, Ph.D., the company's former president and CEO, has been appointed to its board of directors. Lehman recently joined Minneapolis-based Health Fitness Corporation as president and chief executive officer.

INSPIRIS uses a nurse practitioner-led care and care management model to deliver pro-active, preventative health care and to improve the quality of life for enrolled members in nursing home and post-acute care settings, working through health plans that serve Medicare, Medicaid and commercially-insured members. The model has proved to effectively reduce costs, decrease hospital admissions and utilization of skilled nursing care, improve outcomes, and to improve patient and family satisfaction.

Prior to joining INSPIRIS in 2002, Tudeen served as chief operating officer of National Seating and Mobility. Previously, he worked twelve years for American Healthways, finishing as vice president of operations and playing a key role in the early development of Healthways disease management divisions.

“INSPIRIS is uniquely positioned to provide much-needed coordination to health care for the frail elderly population,” Tudeen said. “Our nurse practitioner-led teams provide direct patient care, but our data platform and team approach to care management lends an additional element, an orchestration of all the pieces of the health care continuum so we can truly serve the patient’s needs. INSPIRIS’ care and care management services are the leading edge of what coordinated care for the frail elderly will look like in the future.”

Over the past year INSPIRIS has experienced robust growth in the rapidly expanding care management segment. INSPIRIS added 10 new contracts in 2006, and began serving five new clients. INSPIRIS opened a new market serving nursing home residents in Tennessee’s Medicare Health Support pilot program, and signed a partnership agreement with XLHealth, one of the nation’s leading disease management companies, to help serve that market.

### **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](http://www.inspiris.com).*

For further reading about the INSPIRIS way:  
[http://www.inspiris.com/newsarchive/IB\\_20061214.pdf](http://www.inspiris.com/newsarchive/IB_20061214.pdf)

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