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FOR IMMEDIATE RELEASE

**SUSAN KNAPP PINNAS NAMED AVMED HEALTH PLANS' NEW
SENIOR VICE PRESIDENT OF NETWORK**

MIAMI, January 8, 2009—Susan Knapp Pinnas, a leader of provider network operations in the Southeast with extensive diversified healthcare experience, has been named AvMed's new Senior Vice President of Network, the company announced today.

As a member of AvMed's senior executive team, Knapp Pinnas will be responsible for advancing AvMed's overall provider network strategy around the key principles of strong relationships and service excellence. Pinnas' appointment is effective immediately.

"I am confident the breadth and depth of Susan's provider network experience will take AvMed's network and provider relations to the next level," said Michael Gallagher, AvMed's CEO. "While leading provider network operations in the Southeast, Susan developed strong relationships and delivered exemplary value through service excellence. AvMed is poised for robust growth and Susan's skills in developing and strengthening provider networks will serve those goals well."

"It is a privilege to be able to contribute to AvMed's proud legacy of personalized service," said Susan Knapp Pinnas. "I look forward to enhancing AvMed's provider network operations and helping to strengthen its position as a high performance health plan across all of its business activities."

Knapp Pinnas has over 30 years of experience in provider network operations, business development and managed care contracting. Most recently, she served as Cigna's President and General Manager for South Florida and the Caribbean. Previously, she was Cigna's Vice President for Network Management, Southeast Region.

AvMed is one of Florida's oldest and largest not-for-profit health plans, and is solely focused on providing health coverage to Florida citizens and businesses. AvMed is one of only a few health plans in the United States that enjoys dual "Excellent" accreditation status for both its commercial and Medicare health plans from the National Committee for Quality Assurance. In addition, AvMed has received an "A," or "Excellent" rating by TheStreet.com Ratings, placing it among the top nine percent of all health plans in the United States in terms of financial strength.

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