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FOR IMMEDIATE RELEASE

**AVMED HEALTH PLANS 2009 HEDIS® REPORT
SHOWS STRONG RESULTS**

Miami, FL, September 18, 2009 – AvMed’s 2009 HEDIS® (Healthcare Effectiveness Data and Information Set (HEDIS) scores reflect that more individuals are controlling blood pressure to less than 140/90 mmHg (a 9 percent improvement), 5 percent more children are receiving the pneumococcal conjugate 4 vaccine and more adults are receiving a flu shot. HEDIS® is a tool used by more than 90 percent of America's health plans to measure performance on important dimensions of care and service.

“Our HEDIS reports are increasingly valuable over time, as they allow us to compare our results from one year to the next and see the progress toward our goals,” said Ed Hannum, AvMed’s President and COO. “The data we collected was not only used to fill a need for NCQA (National Committee for Quality Assurance), but it is also used as a learning tool.” AvMed’s Quality Improvement Department analyzes the data, learns where improvements can be made and develops interventions for members and practitioners for HEDIS® 2010.

2009 HEDIS® Report Highlights:

Commercial population (based on 2008 data)

- Rates for the Childhood Immunization Combo 3 (children who received 4 DTaP/DT vaccinations, 3 IPV vaccinations, 1 MMR vaccination, 3 HiB vaccinations, 3 Hepatitis B, 1 VZV and 4 pneumococcal vaccinations before the second birthday) have continued the steady improvement that has been demonstrated over the last three years.
- During 2008, diabetics measured for achieving blood pressure control of below 140/90 and below 130/80 showed a 7 percent increase in both measured areas. There was also a 5 percent increase in diabetics who accessed the HbA1c test.
- The measure of those who sought a flu shot showed a 5 percent increase from last year.

Medicare population (based on 2008 data)

- Cholesterol management for patients with cardiovascular conditions showed the percentage of those who maintained a LDL <100 mg/dL improved 7 percent from last year.

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- Medicare members who received colorectal screening improved 5 percent from 2007.
- Medicare members who received glaucoma screening improved 5 percent from last year.
- During 2008, Medicare diabetics who maintained a LDL of <100 showed an 11 percent increase from 2007.

NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations and recognizes physicians in key clinical areas. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS) is the most widely used performance measurement tool in health care. NCQA is committed to providing health care quality information through the Web, media and data licensing agreements in order to help consumers, employers and others make more informed health care choices. For more information, visit www.ncqa.org.

About AvMed Health Plans

With more than 35 years in Florida, AvMed is one of the states 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 (NCQA), the nation's top health care quality evaluator. The NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in health care. In addition, AvMed has received an "A," or "Excellent" rating by TheStreet.com Ratings, placing it among the top six percent of all health plans in the United States in terms of financial strength. TheStreet.com Ratings evaluates the financial strength of more than 1,900 health plans across the country. For more information about AvMed, log on to www.avmed.org.

* HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

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