

Regional Thought Leader Joins Carena to Help Team Continue Developing Innovative Services

Carena Hires new Vice President of Product Development with Proven Record

(June 10, 2009) SEATTLE – Frances Gough M.D. joins Seattle-based Carena, Inc. as its new Vice President of Product Development. Carena, Inc. developed the innovative house call model to replace unnecessary emergency room visits and continues to build groundbreaking services to address high health care costs for businesses and plans.

Renowned for both her business and clinical skills, Dr. Gough is an important addition to the Carena team. She has a proven record of leadership with her role co-founding a local health care management company, and she is an acclaimed author with published articles regarding the multidisciplinary management of obesity and its impact on reducing corporate health care costs in journals such as the *North American Association for the Study of Obesity*. Dr. Gough has also served as faculty at Harvard's annual symposium, "Practical Approaches to the Treatment of Obesity."

"I am pleased to have Dr. Gough directing our product development efforts," said Ralph C. Derrickson, President and CEO of Carena. "With Dr. Gough's leadership, we will continue to explore new models of health care delivery that build on our core disciplines of quality, service, and innovation."

President Obama recently praised Microsoft for its health cost-reduction innovations, including the implementation of Carena Urgent Care to reduce emergency room (ER) utilization and save money. Microsoft brands the service "Mobile Medicine."

With expertise and leadership in wellness and health management, Dr. Gough is poised to help the Carena team continue developing services that garner national attention, deliver quality medical care, and help employers and health plans address rising health care costs.

Born and raised in Seattle, Dr. Gough received her bachelor's degree from Seattle University, and her medical doctorate from the University of Washington Medical School. She completed her residency in Internal Medicine at the University of Utah and worked as teaching faculty at Scripps Hospital in California. After practicing for 8 years in primary care with Overlake Internal Medicine Associates in Bellevue, Wash., Dr. Gough co-founded Sound Health Solutions, a weight and health risk management company. At Sound Health Solutions, she spent 12 years working with corporate self-insured companies to provide programs for their high-risk, obese populations.

"It's great to be at Carena helping the team work on developing new ideas, services, and solutions," said Dr. Gough. "This company has already achieved so much and I really look forward to continuing to push the envelope and be on the cutting edge of health care delivery and cost-containment."

About Carena, Inc.

Carena, Inc. provides business-based health care solutions for the way we live and work today. The company has reinvented the model for on-site health care to help employers reduce direct costs, improve health outcomes, and increase employee productivity. Carena medical group physicians and providers deliver care and education wherever and whenever required to meet the needs of both clients and members. More information is available via the Web site at www.CarenaMD.com.

#####

CONTACT:

John Williams, Scoville PR for Carena
206-625-0075
jwilliams@scovillepr.com