



Press Release

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Multi-year Study Shows Sustained Value of Carena, Inc.'s Medical House Call Service

Third-party analysis shows service continues to positively impact costs, utilization, and health status

(August 19, 2009) Seattle – Supporting original research findings, Carena, Inc.'s 24/7 medical house call service demonstrates short- and long-term cost-savings. The service, called Carena Urgent Care, also positively impacts other utilization and health status trends, such as decreased inpatient hospital utilization rates and increased opportunity for impacting a high-risk population.

Axene Health Partners, LLC, a leading actuarial and consulting firm, conducted the risk-adjusted, pre- and post-study on Carena Urgent Care, an innovative service from the Seattle-based health care organization. With Carena Urgent Care, a board-certified physician provides 24/7 medical care and wellness education in the home for a member's urgent concern. The study analyzed CPT and ICD-9 codes for 100,000 members and two control groups from 2004 to 2008. Axene Health Partners previously conducted a study in 2008.

The study was expanded to include a longitudinal analysis of patient behavior, and shows short-term cost savings due to decreased inappropriate ER usage for urgent concerns, as was previously projected in the 2008 study. Long-term savings include lower PMPM costs and sustained lower inappropriate health care utilization. Members showed decreased inpatient hospital admission rates, and there was no evidence of inappropriate overutilization of the service.

"The results continue to validate the immediate cost-reduction our services can generate," said Ralph Derrickson, Chief Executive Officer of Carena. "Our expanded services will build on the same foundation of immediate savings, coupled with consumer engagement, to provide long-term value to the member and the client."

As part of the service, Carena Urgent Care members can also be referred to a primary care physician. In this study, approximately 15 percent of members received these referrals, increasing the value of the service for clients.

According to their health risk scores, members who sought care from Carena are a high-risk population and tend to seek care around times of other unrelated health needs. This finding suggests Carena members are at a critical point of increased need when they engage with the service, and that the Carena medical group physicians are seeing these patients early in the course of a worsening health status. This population's need for long-term care suggests an opportunity for greater health care cost impact for Carena clients.

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About Carena, Inc.

Carena, Inc. positively engages consumers at a time of need with health care options and education to make the right choices for them. The Seattle-based health care organization has reinvented the model for health care to help employers and plans reduce direct costs, improve health outcomes, and increase employee and member productivity. By delivering health care and education wherever and whenever required, Carena providers meet the needs of both members and clients. For more information about Carena, visit the Web site at www.CarenaMD.com.

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