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**Washington Regional Partners With U.S. Preventive Medicine
to Bring a New Level of Preventive Health Care Services to Northwest Arkansas**

***Innovative Program Provides One-On-One Health Coaching,
Personalized Action Plans and Online Access to Health Information***

DALLAS, TX and FAYETTEVILLE, AR (December 7, 2009) — Washington Regional Medical Center will partner with U.S. Preventive Medicine (www.uspreventivemedicine.com) to offer employees The Prevention Plan™, a health management program based on the science of clinical preventive medicine.

The groundbreaking program uses today's technology to assess each member's health risks and provide a customized program to reduce those risks. The program includes one-on-one health coaching with nurses, personalized action plans and relevant health information. Washington Regional will begin offering The Prevention Plan to its employees in January, 2010. The medical center in partnership with U.S. Preventive Medicine also plans to introduce a community-wide wellness initiative in early 2010.

Bill Bradley, President and CEO of Washington Regional, said, "All of us want to live longer, healthier lives and we want to be a resource to our employees and others in that regard. While providing high quality, market leading treatment for illnesses, we clearly view wellness and prevention as an important aspect of our mission as well. With our partnership with U.S. Preventive Medicine, we are beginning down a path that will eventually create a healthier northwest Arkansas."

The Prevention Plan will help Washington Regional employees:

- Identify their top health risks through simple online questionnaires and biometric health screenings.
- Manage chronic conditions more successfully.
- Follow personalized action plans to reduce health risks, including one-one-one health coaching by registered nurse advocates.
- Access a personalized web site to store medical information, complete educational health programs, receive reminders about needed screenings and track personal progress.
- Understand and take advantage of the company's health benefits and incentives.

Bradley added, “Our mutual goal with U.S. Preventive Medicine is to inspire people to make appropriate behavioral changes that positively impact their overall health. Ultimately healthcare costs would be reduced. As a region-wide healthcare leader, this partnership will allow us to offer ‘The Prevention Plan’ to interested employers throughout the region as well.”

U.S. Preventive Medicine Chairman and CEO, Christopher Fey said he was especially pleased to partner with Washington Regional due to its stellar reputation.

“We are completely committed to our partnership with Washington Regional and our mutual desire to bring the highest level of preventive care to northwest Arkansas,” Fey said. “We recently opened an office here and we expect a long, productive relationship that will truly improve the health of residents in this area and give them more good years.”

About U.S. Preventive Medicine®

U.S. Preventive Medicine® (www.USPreventiveMedicine.com) is leading a global preventive health care movement focused on saving lives and money by keeping people healthy and better managing chronic conditions before they progress. The company provides a suite of innovative wellness, chronic disease management, concierge and care advocacy, and executive health services – all based on the clinical science of preventive medicine. The world’s first preventive health benefit, The Prevention Plan™ (www.MoreGoodYears.com), moves beyond traditional wellness to identify each individual’s top health risks and design a customized plan of action supported 24x7 by nurse coaches. The company is accredited in wellness and health promotion by NCQA and disease management by URAC.

About Washington Regional

Washington Regional is the only not-for-profit, community-owned and locally governed health care system in Northwest Arkansas. The system includes an acute care hospital, a rehabilitation hospital, assisted living and long-term care facilities, kidney dialysis centers, an outpatient surgery center and a network of clinics and services. Washington Regional is committed to improving the health of the people in Washington, Benton, Madison and Carroll counties by providing compassionate, high quality care, prevention and wellness education.