



Quality Health Solutions, Inc.

FOR IMMEDIATE RELEASE

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QUALITY HEALTH SOLUTIONS NAMED BEST WELLNESS VENDOR IN THE COUNTRY BY THE HEALTH INDUSTRIES RESEARCH CO.

Portland, Ore. — August 31, 2010 — Quality Health Solutions, Inc., a leading wellness company based in Portland, Ore., was named America's best wellness vendor according to The Health Industries Research Company's (HIRC) 9th Annual Disease Management/Wellness Industry Report. The HIRC Report is widely recognized as the authority on all issues related to the health and wellness industry. This is the fourth consecutive year that Quality Health Solutions has been included in the HIRC Report as one of the top wellness vendors, and the first year for QHS to stand alone as the Best Wellness Vendor.

"We're honored to be recognized by HIRC, but more importantly, that our programs are resulting in measurable changes that improve the health and productivity of our clients' employees," said Brian J. Thomas, President and CEO of Quality Health Solutions.

In 2010, the HIRC report raised the bar for wellness outcomes in order for companies to qualify as a 'best wellness vendor.' This year, companies had to be willing to be measured purely on the basis of the change in overall risk factors in an organization, regardless of participation before and after implementation of its program. In other words, neither the regression-to-the-mean bias nor the self-selection bias, the two sources of most of the savings claims in wellness, were allowed to impact outcomes in order to be counted as a 'best wellness vendor.' The final screen was that the vendor had to be qualified by the Disease Management Purchasing Consortium, which runs the population health management industry's Critical Outcomes Report Analysis Certification program, to receive an "auditor's letter" attesting to the above. Quality Health Solutions was the only independent vendor left standing after this exercise was completed.

"Quality Health Solutions is adamant about achieving close to 100 percent participation in their programs, in addition to creating a culture of wellness," said Karen Ernst, Research Director, Health

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and Disease Management, from HIRC. "Therefore, in lieu of creating a list of best wellness vendors as has been provided by HIRC organization in 2007, 2008 and 2009, we offer Quality Health Solutions as the only vendor able to satisfy all of HIRC's criteria to be named a 'best vendor' for 2010."

The three main differentiating factors contained in the HIRC report are summarized below:

First, Quality Health Solutions' (QHS) collaborative partner, James O. Prochaska, Ph.D., was the lead developer of the Transtheoretical Model of Change, which has inspired most behavior change models in use today.

Second, QHS is the only wellness company offering assessments and interventions developed and proven effective via population level clinical trials, funded by over \$70 million in grants from the National Institutes of Health, National Heart, Lung and Blood Institute, Centers for Disease Control and Prevention, and the National Center for Chronic Disease Prevention & Health Promotion.

Third, QHS' systematic approach to incentive strategy design, targeted and tailored communication campaigns, and program implementation has led to industry leading participation ratios of 92%, in a field where many programs have less than 20%.

About Quality Health Solutions Inc.

Quality Health Solutions, Inc. was founded in 2001 with a mission to encourage personal responsibility for health and well being. Its services are designed to help enhance health and well-being by reducing lifestyle risk factors, preventing future disease, and improving health-related quality of life. Through these services, QHS helps people discover their motivation and confidence, overcome challenges, and identify resources to achieve positive, healthy changes. QHS is the first and only wellness company offering assessments and interventions that were developed and proven effective by the scientific rigors of population level clinical trials. In addition to being named the 2010 Best Wellness Vendor by HIRC, the company's LifeStyle Management Programs also received the 2010 Gold Award for Health Management from the Utilization Review Accreditation Commission (URAC), a leading health care accreditation organization. To learn more, please visit www.qualityhealthsolutions.com.

About Health Industries Research Companies

Health Industries Research Companies (HIRC) is an independent, nonpartisan organization that conducts strategic market research on trends in health care, pharmaceutical, and managed care

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businesses. HIRC's Health & Disease Management Service is an ongoing research project that focuses on health and disease management initiatives. In the disease management/wellness segment, its Annual Reports are by far the most often-cited source in the industry for market dynamics, while its coveted "best program" awards (for vendors, health plans, and employers) are the only ones in the industry based on objective outcomes and valid metrics. Learn more at <http://www.hirc.com/>.

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