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**FOR IMMEDIATE RELEASE**

## **PriMed Management Consulting Services Employees Lose Weight, but Gain in Wellness**

*Management Company for Hill Physicians Medical Group practices what its'  
physicians preach*

**San Ramon, CA (June 24, 2008)** — PriMed Management Consulting Services, the management services company for Hill Physicians Medical Group, stated today that its employees are over 1,000 pounds lighter than they were three months ago after participating in an internal contest fashioned after the popular television reality show, “The Biggest Loser.”

One hundred and fifty one employees – 1/3<sup>rd</sup> of the 450 employee company – joined ranks and participated in this program. PriMed, recently named one of the “Best Places to Work” in the Bay Area, offers its employees an annual, comprehensive wellness program designed to enhance employee wellness while keeping the organization’s healthcare costs low. This year’s “Biggest Loser” competition was a new addition to an already well-established program that has helped keep annual healthcare insurance premiums nearly flat for the last two years. PriMed reports that its “biggest loser”, employee Luis Castenada, lost over 40 pounds by following a balanced diet and exercise program coached by an internal health and wellness team.

According to Dan Robinson, Hill Physicians' Chief Administrative Officer, "We are committed to helping our employees achieve healthier lives by offering at-work opportunities to exercise and to learn to cook and eat healthy meals. We support balancing one's work and one's 'real life' outside of work – and we know that healthy employees are much more likely to be engaged and productive at work and to enjoy healthy, full lives when outside of work."

### **About PriMed and Hill Physicians Medical Group**

PriMed Management Consulting Services is the management services organization for Hill Physicians Medical Group. Hill Physicians is one of the nation's largest Independent Physician Associations (IPA's) and a recognized leader in innovative managed health care. The company offers access to 3,000 physicians and other care providers in 1,600 locations, and serves over 312,000 people in Northern California, ranging from San Francisco to Sacramento and south to the San Joaquin valley. Committed to supporting healthy lifestyles, Hill Physicians offers extensive health education services to its patients and to PriMed employees, including wellness classes, health screenings, and self-help through HillHealth.com, its online health information portal. For more information, visit [www.hillphysicians.com](http://www.hillphysicians.com).