

# NEWS RELEASE

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### **John Espinola, MD, Joins ESSENCE Healthcare as Washington Medical Director**

LYNNWOOD, WA (February 5, 2009) – ESSENCE Healthcare today announced that John Espinola MD, MPH, has joined the company as Medical Director, responsible for developing and implementing strategies and programs that continue to maintain or improve the health status of ESSENCE *Advantage* members in Washington.

ESSENCE *Advantage* is a popular all-in-one Medicare health plan designed and directed by Washington doctors. Its members receive all of their Medicare coverage from one source, plus extra benefits not offered in Original Medicare, including dental, vision and transportation benefits.

Espinola is a board certified Geriatrician with additional training and experience in health care policy, administration and economics. He most recently served as Executive Director of a specialized health plan serving more than 6,000 seniors in Washington State. Prior to that, Espinola practiced geriatric medicine at the Overlake Senior Center in Mercer Island, Washington, and served as practice administrator for a private geriatrics practice.

“The local doctors who designed ESSENCE *Advantage* took great care in creating a plan that promotes the long-lasting health and wellness of Washington Medicare beneficiaries,” Espinola said. “I’m excited to join such a unique organization that puts people first.”

Espinola resides in Edmonds with his wife and two children.

### **About ESSENCE**

ESSENCE is an innovative Medicare managed care organization that provides comprehensive medical, hospital and prescription drug coverage to nearly 5,000 Medicare beneficiaries in the Seattle metropolitan area. Regionally headquartered in Lynnwood, Washington, ESSENCE collaborates with primary care physicians and other medical professionals in unprecedented ways to improve how health care is accessed, delivered, measured, improved and reimbursed. For more information, visit [www.essencehealthcare.com](http://www.essencehealthcare.com).