



NEWS

FOR IMMEDIATE RELEASE

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FOR MORE INFORMATION:

Sonora Cummings 301-545-5982

MAMSI HMO Earns "Excellent" Accreditation from NCQA

Rockville, Md. -- Mid Atlantic Medical Services, Inc. (MAMSI) (MME-NYSE), one of the mid-Atlantic region's largest health services companies, announced today that the National Committee for Quality Assurance (NCQA) upgraded Optimum Choice, Inc.'s (OCI) accreditation status to "Excellent". MAMSI's two largest health maintenance organizations, MD-Individual Practice Association, Inc. (M.D. IPA) and OCI, have both received "Excellent" Accreditation from NCQA for their HMO and point-of-service products.

"This is an honor for OCI and MAMSI," said Mark D. Groban, M.D., Chairman of the Board. "Our focus on bringing access to quality, affordable health care, our commitment to excellent customer service, and our partnership with participating physicians have enabled OCI and M.D. IPA to become recognized leaders in our industry."

NCQA is an independent, not-for-profit organization dedicated to measuring the quality of America's health care. Its mission is to improve the quality of health care to people everywhere. The NCQA Accreditation process is an evaluation of how a health plan ensures that its members are receiving high-quality care.

"Excellent" Accreditation is reserved for those health plans that deliver the highest quality of service and whose clinical and administrative systems meet or exceed NCQA's rigorous requirements for consumer protection and quality improvement. To earn this designation, health plans must achieve top scores in the following five categories: access and service; qualified providers; staying healthy; getting better; and living with illness.

"Earning 'Excellent' Accreditation reflects a health plan's ability to work with their members and their physicians to improve the quality of clinical care," Margaret E. O'Kane, President of NCQA commented. "It shows that they are building the kinds of partnerships that are critical to delivering great care and great service."

OCI, a health maintenance organization, operates in Maryland, Delaware, the District of Columbia, Virginia and West Virginia. MAMSI's health plans cover about 1.8 million lives in Maryland, Delaware, the District of Columbia, North Carolina, Pennsylvania, Virginia and West Virginia. The Company's Web site is www.mamsi.com.

Note 1: Safe Harbor Statement under the Private Securities Litigation Reform Act of 1995: All forward-looking information or statements contained in this release, including expectations regarding future or continued performance, are based on management's current knowledge of factors, all with inherent risks and uncertainties, affecting MAMSI's business. MAMSI's actual results may differ materially if these assumptions prove invalid. Significant risk factors, while not all-inclusive, are: the possibility of increasing price competition in the Company's marketplace; the possibility that the Company is not able to increase its market share at the anticipated premium rate; the possibility of increased litigation, legislation or regulation that might increase regulatory oversight which, in turn, would have the potential for increased costs; the possibility of increased medical expenses due to increased utilization, inflation or legislative mandates; and the possibility that the Company is not able to negotiate new or renewal contracts with appropriate physicians and health care practitioners. Investors should review other risks and uncertainties contained in Company documents filed with the Securities and Exchange Commission.

Note 2: MAMSI is a regional holding company for health care organizations that provides comprehensive health insurance products and services including: three health maintenance organizations, MD-Individual Practice Association, Inc. (M.D. IPA), Optimum Choice, Inc.® (OCI) and Optimum Choice of the Carolinas, Inc. (OCCI); a preferred provider organization, Alliance PPO, LLC; a life and health insurance company, MAMSI Life and Health Insurance Company (MLH); and home care companies such as HomeCall, Inc., FirstCall, Inc., HomeCall Hospice Services, Inc. and HomeCall Pharmaceutical Services, Inc.