

**FOR IMMEDIATE RELEASE**

**Media Contact:** Karen Inglis  
Corporate Communications  
FirstCare Health Plans  
512-257-6218  
[kinglis@firstcare.com](mailto:kinglis@firstcare.com)

**FirstCare Health Plans Names New Chief Medical Officer**  
New CMO combines knowledge and national experience

**AUSTIN, Texas** (June 6, 2014) – Today, officials at [FirstCare Health Plans](http://www.firstcare.com) named Adolfo Valadez, M.D., M.P.H., as the new chief medical officer (CMO), effective June 2, 2014.

“We took great care in searching for our new chief medical officer to assure our customers have the right person in place to lead our medical management and quality improvement activities,” said FirstCare President and CEO Darnell Dent. “Dr. Valadez is very passionate about providing Texans with access to quality care and that aligns with our belief that Texans and our communities should be healthy.”

Valadez, a board certified internist, has been working in health care for more than 20 years. He most recently served as medical director for the Costco Wholesale national account at Aetna in San Antonio. Prior to joining Aetna, he was assistant commissioner for the Division of Prevention and Preparedness Services at the Texas Department of State Health Services. Before that, Valadez worked in Austin as the medical director for the City of Austin/Travis County Health and Human Services Department and in Boston as a primary care physician and medical director of the Martha Eliot Health Center, owned by Boston Children's Hospital. He also has served as an attending physician with Brigham and Women's Hospital in Boston, where he completed his residency.

Valadez received his medical degree with honors from The University of Texas Medical Branch in Galveston and his master of public health degree from the Harvard School of Public Health. He has also been awarded a Commonwealth Fund/Harvard University Fellowship in Minority Health Policy, served as a board member for the National Hispanic Medical Association, and was a member of the American Heart Association's National Women and Minorities Leadership Committee.

“Dr. Valadez's proven track record of clinical leadership and health care experience across a wide array of populations demonstrates his commitment to helping people live healthy lives,” said Dent. “And that is what we do at FirstCare; we empower Texans to live healthier lives by providing them access to affordable, quality health care.”

**About FirstCare Health Plans**

*At FirstCare Health Plans, we believe that Texans and our communities should be healthy. As a result, we work with premier doctors and hospitals to provide Texans access to affordable, high-quality care.*

*Since 1985, we've been serving the health care needs of members across North, West, and Central Texas. FirstCare offers a wide range of HMO, PPO, HSA and ASO products through a variety of programs, including: small and large employer plans; state, federal and teacher plans; government programs; and the Health Insurance Marketplace.*

*With the support of our owners—Covenant Health in Lubbock and Hendrick Health System in Abilene—we now serve approximately 165,000 members. Our corporate headquarters are located in Austin, Texas. We also have offices in Abilene, Amarillo, Lubbock and Waco. For information, please visit [www.firstcare.com](http://www.firstcare.com).*