

Received

MAR 26 2007

Insurance Division
State of Oregon

Exhibit 1
OAR 836-024-0115

INSIDER TRADING REPORTING FORMS AND INSTRUCTIONS

Note: These forms are patterned substantially after Forms 3 and 4 of the Securities and Exchange Commission.

STATE OF OREGON

Director of the Department of Consumer and Business Services

FORM 3

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed Pursuant to:

CLEAR CHOICE HEALTH PLANS, INC.

[Name of insurance company]

JIM DIEGEL

[Name of person whose ownership is reported]

2650 NE COURTNEY DRIVE BEND, OR 97701

[Business address of such person; street, city, zone, state]

Relationship of such person to company named above.

(See instruction 5) DIRECTOR

Date of event that requires the filing of this state.

(See instruction 6) March 15, 2007

SECURITIES BENEFICIALLY OWNED

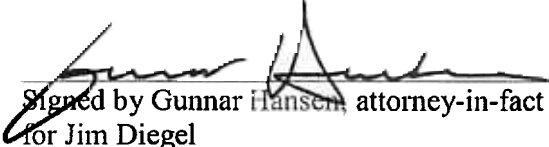
TITLE OF SECURITY (See instruction 7)	NATURE OF OWNERSHIP (See instruction 8)	AMOUNT OWNED BENEFICIALLY (See instruction 9)
COMMON STOCK OPTIONS (1)	DIRECT	,000 (1)

REMARKS: (See instruction 10)

(1) 1,000 common stock options were fully vested as of March 15, 2007 pursuant to the following stock option grants:

Date of Grant	Number Remaining	Number Vested
6/4/05	1,000	667
6/3/06	1,000	333
TOTAL	2,000	1,000

I affirm under penalty of perjury that the foregoing is full, true and correct


 Signed by Gunnar Hansen, attorney-in-fact
 for Jim Diegel

Date of statement: March 26, 2007

STATE OF OREGON

Director of the Department of Consumer and Business Services

FORM 4
STATEMENT OF CHANGE OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed Pursuant to:

CLEAR CHOICE HEALTH PLANS, INC.

[Name of insurance company]

JAMES A. DIEGEL

[Name of person whose ownership is reported]

537 HIGHLAND MEADOW LOOP, REDMOND, OR 97756

[Business address of such person; street, city, zone, state]

Relationship of such person to company named above.

(See instruction 5) DIRECTOR

Statement for Calendar Month of JUNE 2007

CHANGES DURING MONTH AND MONTH-END OWNERSHIP (See instruction 6)

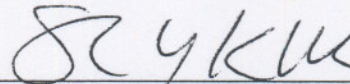
TITLE OF SECURITY	DATE OF TRANSACTION	AMOUNT BOUGHT OR OTHERWISE ACQUIRED	AMOUNT SOLD OR OTHERWISE DISPOSED OF	NATURE OF OWNERSHIP	AMOUNT OWNED BENEFICIALLY AT END OF MONTH
(See Instr. 7)	(See Instr. 8)	(See Instr. 9)	(See Instr. 9)	(See Instr. 10)	(See Instr. 9)
Common Stock Options (1)	June 8, 2007	1,000		DIRECT	1,000

REMARKS: (See instruction 11)

- (1) Grant of 1,000 stock options at an exercise price of \$32.00 per share subject to the following vesting schedule:

Date	Number Remaining	Number Vested
June 8, 2007	1,000	-0-
December 31, 2007	667	333
December 31, 2008	333	667
December 31, 2009	-0-	1,000

I affirm under penalty of perjury that the foregoing is full, true and correct



Signed by Sandra Loder, attorney-in-fact for James A. Diegel

Date of statement: _____

9/12/07

Statement for Calendar Month of JUNE 2008

CHANGES DURING MONTH AND MONTH-END OWNERSHIP (See instruction 6)

TITLE OF SECURITY	DATE OF TRANSACTION	AMOUNT BOUGHT OR OTHERWISE ACQUIRED	AMOUNT SOLD OR OTHERWISE DISPOSED OF	NATURE OF OWNERSHIP	AMOUNT OWNED BENEFICIALLY AT END OF MONTH
(See Instr. 7)	(See Instr. 8)	(See Instr. 9)	(See Instr. 9)	(See Instr. 10)	(See Instr. 9)
Common Stock Options	June 20, 2008	1,000 ⁽¹⁾		DIRECT	2,000 ⁽²⁾
Common Stock	n/a	n/a		DIRECT	0

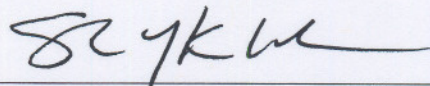
REMARKS: (See instruction 11)

- (1) Grant of 1,000 stock options at an exercise price of \$12.63 per share subject to the following vesting schedule:

Date	Number Remaining	Number Vested
June 20, 2008	1,000	-0-
June 20, 2009	667	333
June 20, 2010	333	667
June 20, 2011	-0-	1,000

- (2) Includes total vested common stock options. In addition, there are 2,000 unvested common stock options.

I affirm under penalty of perjury that the foregoing is full, true and correct



Signed by Sandra Loder, attorney-in-fact for James A. Diegel

Date of statement: December 5, 2008