

Physicians Mutual® Recognized as Top Life and Health Insurer

(Omaha, Neb., August 29, 2005) – Physicians Mutual was named to the 2005 Ward's 50 Benchmark Group for achieving outstanding financial results. Physicians Mutual is one of only two companies named to this group for fifteen consecutive years.

"Ward Group ranks Physicians Mutual as one of the top performing life-health companies in the insurance industry," says Jeff Rieder, partner, Ward Group. "Many factors contribute to Physicians Mutual's inclusion in the Ward's 50 Benchmark Group, including excellent return on equity, strong underwriting results, and operational excellence. Ward Group looks at company performance over a five-year period. Physicians Mutual has demonstrated the ability to meet all safety and consistency tests during an extended period of time."

Each year the Ward Group, a Cincinnati-based management consulting firm specializing in the insurance industry, selects 50 companies for its Ward's 50 Benchmark Group. These companies consist of insurers who have achieved outstanding financial results in safety, consistency and performance over a five-year period (2000-2004).

The benchmark results for Ward's 50 companies are published annually in *Ward's Results*, a financial reference book for consumers and investors.

About Physicians Mutual®

Physicians Mutual Insurance Company and Physicians Life Insurance Company, a member of the Physicians Mutual family, provide a full portfolio of health and life insurance products, as well as financial products. The combined companies have assets of more than \$2 billion.

Both Physicians Mutual and Physicians Life consistently receive high grades from independent insurance analysts. They have an A.M. Best rating of "A (Excellent)," based on financial strength. Standard and Poor's® gives both Physicians Mutual and Physicians Life an "AA- (Very Strong)" rating. Physicians Mutual is one of only two companies to be ranked in the Wards' Top 50 for 15 straight years.

Founded in 1902, Physicians Mutual's headquarters are in Omaha, Nebraska.