

PRESS RELEASE

FOR INTEGRA TELECOM



FOR IMMEDIATE RELEASE

MEDIA CONTACTS

Raime Merriman, 503-453-8443, raime.merriman@integratelecom.com

Melissa Moore, 503-546-7894, melissa@lanep.com

INTEGRA TELECOM INTRODUCES *INTEGRAFIT* COMPANYWIDE

Health and Wellness Program Encourages Employees to “Find Your Most Fit Self,”
Launches with New Web Portal

Portland, Ore. – Sept. 28, 2010 – [Integra Telecom Inc.](http://IntegraTelecom.com), an integrated telecommunications provider for business, today launched IntegraFit companywide. A new comprehensive health and wellness program, IntegraFit furnishes tools and resources that empower employees to manage their overall health and well-being regardless of changes that may be occurring in the broader healthcare industry. At the heart of the program is the IntegraFit Wellness Portal, accessed through the corporate intranet site, which offers tips on tackling physical, emotional and financial issues.

“At Integra, our employees are our most valuable resource, and we want each individual to have the opportunity to achieve their full potential,” said Dudley Slater, CEO of Integra Telecom. “By providing a resource that encourages employees to take a proactive role in managing issues that can affect their health and well-being – from fitness and nutrition to mental health and financial stability – we hope we can reduce stress and anxiety and promote an overall happier, healthier and more productive workforce.”

The IntegraFit program encourages each employee to “find your most fit self” by becoming more educated about issues that can detract from a healthy lifestyle. The IntegraFit Wellness Portal consists of four distinct areas with clear purposes:

1. Strong & Fit: Guidance for initiating and maintaining good physical fitness.
2. Healthy Eating: Tools and information for optimal nutrition.
3. Inner Harmony: Resources for reducing stress and attaining better work/life balance.
4. Financially Secure: Advice on managing finances and planning for a secure future.

Through the IntegraFit Wellness Portal, employees can access in-depth articles on health and wellness topics, as well as quick and easy tips for making gradual lifestyle changes.

RESPONSIVE. RELIABLE. LOCAL.

PRESS RELEASE

FOR INTEGRA TELECOM



Various calculators and widgets serve as tools to find key information and data, and a library of healthy recipes provides guidance in improving nutrition.

Beyond the Wellness Portal, IntegraFit furnishes employees with a number of opportunities to improve their health and their knowledge of related topics. IntegraFit offers smoking cessation programs, weight loss programs, reduced rates to fitness clubs, coordination of employee sports teams and facilitated brown-bag lunches on topics of interest. IntegraFit also makes available the Employee Assistance Program Resource Center, providing employees with additional resources to address emotional and physical health issues.

IntegraFit will be available to all 2,200 Integra employees in the company's 11-state service area.

About Integra Telecom

Integra Telecom Inc. provides integrated communications services across 33 metropolitan areas in 11 Western states, including: Arizona, California, Colorado, Idaho, Minnesota, Montana, Nevada, North Dakota, Oregon, Utah and Washington. It owns and operates a best-in-class fiber-optic network comprising more than 2,800 route miles in 11 metropolitan access networks including approximately 1,386 on-net buildings, a world class Internet and data network, and an approximately 4,900-mile high-speed long-haul fiber network. The company has earned some of the highest customer loyalty and customer satisfaction ratings in the telecommunications industry. Primary equity investors in the company include Goldman, Sachs & Co., Tennenbaum Capital Partners, funds managed by Farallon Capital Partners and Warburg Pincus. Integra Telecom and Electric Lightwave are registered trademarks of Integra Telecom, Inc. For more information, visit: www.integratelecom.com.

###

RESPONSIVE. RELIABLE. LOCAL.