



Press Release

For Immediate Release

Contact Information:

PR

Vital Insight

Phone: (888) 618-4825

Email: pr@vitalinsight.com

JACK LONG JOINS VITAL INSIGHT'S BOARD OF DIRECTORS

Texas Entrepreneur to Provide Guidance, Strategy, and Oversight

Austin, Texas – March 7, 2006 – Vital Insight, a leading provider of advanced Enterprise Risk Management and Corporate Governance solutions, today announced the appointment of Jack Long to the company's Board of Directors.

Mr. Long is currently the Chairman and Co-founder of PeopleAdmin, a Human Resources software company. Prior to Co-founding PeopleAdmin, Mr. Long was co-founder and Chairman of Lone Star Overnight, a regional air express transportation company. In 1994, Mr. Long was selected as an Ernst & Young Entrepreneur of the Year in Central Texas for his work with Lone Star Overnight.

"Jack brings a great blend of Entrepreneurial vision and practical business expertise to the board," said Alan White, President and CEO. "He has made a career of working with successful high-growth companies. His experience, insight, and vision will help the company achieve its goals."

Jack Long added, "Vital Insight has shown that they can meet the needs of their customers. They have a unique blend of domain expertise, technical capability, and sales expertise that sets them up for success. They are doing great things, and I am proud to be a part of it."

ABOUT VITAL INSIGHT

Vital Insight is a leading provider of Enterprise Risk Management and Corporate Governance solutions. It was founded by former Big Four consultants with over 50 man years of Enterprise Risk Management, Sarbanes-Oxley, internal audit, and risk based consulting experience. The company's core product, Governance Insight, is an easy-to-use, database-driven software application. It allows companies to centrally manage, document, and test all processes, risks, and controls within their business. Vital Insight's integrated solution suite provides customers with significant cost savings by streamlining their compliance and risk management requirements.

For more information on Enterprise Risk Management or Corporate Compliance please contact Vital Insight by calling 888.618.4825, or visit us at www.vitalinsight.com