HealthMarkets, Inc. Form 4							
May 10, 2006						PPROVAL	
		JRITIES A ashington,	ND EXCHANGE D.C. 20549	COMMISSION		3235-0287	
Check this box if no longer subject to Section 16. Form 4 or	NGES IN I SECUR	BENEFICIAL OV ITIES	Expires: Estimated burden hor response	urs per			
obligations	(a) of the Public	Utility Hold	e Securities Exchar ling Company Act Company Act of 1	of 1935 or Sectio			
(Print or Type Responses)							
1. Name and Address of Reporting PLATO JAMES N	uer Name <b>and</b> 1 hMarkets, Ir	Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer				
(Last) (First) (		of Earliest Tra		(Check all applicable)			
1200 S WHITE CHAPEL(Month/Day/YeaBLVD, SUITE A05/08/2006			Director 10% Owner Officer (give title X_ Other (specify below) below) Division Manager				
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City) (State)	(Zip) Ta	able I - Non-D	erivative Securities A	Person	f. or Beneficia	ally Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)		3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or	5. Amount of Securities I Beneficially ( Owned (	6. Ownership Form: Direct D) or Indirect I) Instr. 4)	7. Nature of Indirect	
Reminder: Report on a separate line	e for each class of se	curities benefi		•			
			information cont required to resp	spond to the collec ained in this form ond unless the for ntly valid OMB cor	are not m	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed (D) (Instr. 3, 4 and 5)				
				Code V	7 (A) (	(D) Date Exercisabl	e Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 37	05/08/2006		А	6,950	05/08/2007 <u>(</u> 1	<u>)</u> 05/08/2016	Class A-1 Common Stock	6,950
Stock Option	<u>(2)</u>	05/08/2006		А	6,950	05/08/2007 <u>(</u> 3	05/08/2016	Class A-1 Common Stock	6,950
Stock Option	\$ 11.5					02/12/2004(4	03/13/2008	Class A-1 Common Stock	6,000
Stock Option	\$ 30.75					03/16/2006 <u>(4</u>	<u>)</u> 06/14/2010	Class A-1 Common Stock	25,000
Stock Option	\$ 13.25					02/04/2003(4	03/06/2007	Class A-1 Common Stock	3,000

## **Reporting Owners**

Reporting Owner Name / Address	Relationships					
FB	Director	10% Owner	Officer	Other		
PLATO JAMES N 1200 S WHITE CHAPEL BLVD SUITE A SOUTHLAKE, TX 76092				Division Manager		
Signatures						
James N. Plato by /s/ Peggy G. Sin POA	npson,	05/	09/2006			
<b>**</b> Signature of Reporting Person			Date			

\*\*Signature of Reporting Person

**Explanation of Responses:** 

- If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The options vest in 20% increments on each of the first, second, third, fourth and fifth anniversaries of May 8, 2006
- (2) The initial exercise price of the option is \$37.00. The exercise price of the option will accrete by 10% per year, starting on May 8, 2008. If the optionee exercises the option prior to May 8, 2008, the exercise price will be \$37.00. If the optionee exercises the option on or after May 8, 2008 but prior to May 8, 2009, the exercise price will be \$40.70. If the optionee exercises the option on or after May 8, 2009 but

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prior to May 8, 2010, the exercise price will be \$44.77. If the optionee exercises the option on or after May 8, 2010 but prior to May 8, 2011, the exercise price will be \$49.25. If the optionee exercises the option on or after May 8, 2011, the exercise price will be \$54.17.

The option vests in different increments on each of the first five anniversaries of May 8, 2006. Twenty-five percent of the option vests on(3) May 8, 2007. Twenty-five percent of the option vests on May 8, 2008. Seventeen percent of the option vests on May 8, 2009. Seventeen percent of the option vests on May 8, 2010. The remaining 16% of the option vests on May 8, 2011.

(4) Options vest and become exercisable in 20% annual increments on each of the first, second, third, fourth and fifth anniversaries of the grant date

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.