



FOR IMMEDIATE RELEASE

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MMR INFORMATION SYSTEMS ANNOUNCES JULY 14 INVESTOR CALL

Los Angeles, California (July 2, 2009) – MMR Information Systems, Inc. (OTC Bulletin Board MMRF.OB) (the “Company”), which through its wholly-owned operating subsidiary, MyMedicalRecords, Inc. (“MMR”) provides consumer-controlled Personal Health Records (“PHRs”) (www.mymedicalrecords.com) and electronic safe deposit box storage solutions (www.myesafedepositbox.com), announced today that it has scheduled an Investor Call on Tuesday, July 14, at 11:30 a.m. Pacific Time (U.S. and Canada).

The call will give investors an update on the Company’s business and an opportunity to interact with management through a question and answer session scheduled for the second half of the one-hour event.

The Company will discuss how it is taking advantage of the burgeoning growth in Health IT and why it believes its Personal Health Record products represent the easiest to use and lowest cost solution to the Obama Administration’s objective of ensuring that every American has an electronic Personal Health Record.

The call will be hosted by Robert H. Lorsch, Chairman and CEO of MMR Information Systems, Inc. In addition to Naj Allana, the Company’s Chief Financial Officer, Mr. Lorsch will be joined by Gene Barduson, who has been leading the Company’s initiatives in the medical provider market with the launch of MyMedicalRecords Pro (“MMR Pro”), in a discussion of the Company’s plans for that division.

Investors can access the call via Webcast and must register in order to participate at the following link: <http://wcc.webeventservices.com/view/wl/r.htm?e=153966&s=1&k=5C56CA5BBE5AE231E416C306027C016E&cb=blank>. This link also is posted on the Company’s Web site www.mymedicalrecords.com (in the Investor Relations section).

Please plan to join the Webcast at least 15 minutes before the scheduled starting time as you may need to download and install the required software.

A replay of the call will be available for 30 days on the Company’s Web site www.mymedicalrecords.com.

For any questions, contact info@mrrmail.com.

About MMR Information Systems, Inc.

MMR Information Systems, Inc., through its wholly-owned operating subsidiary, MyMedicalRecords, Inc. (“MMR”), provides secure and easy-to-use online Personal Health Records (“PHRs”) and electronic safe deposit box storage solutions, serving consumers, healthcare professionals, employers, insurance companies, unions and professional organizations. MyMedicalRecords enables individuals and their families to have greater control over their health and well-being by facilitating access to their medical records and other important documents -- such as birth certificates, passports, insurance policies and wills -- anytime from anywhere using the Internet.

The MyMedicalRecords PHR service, accessed through www.mymedicalrecords.com, allows documents, images and voicemail messages to be transmitted and stored in the MyMedicalRecords PHR system using a variety of methods, including fax, phone, or file upload without relying on any specific electronic medical record platform.

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The proprietary MyEsafeDepositBox service, available at www.myesafedepositbox.com, provides secure online storage for vital financial, legal and insurance documents in addition to medical records, and serves as a powerful emergency-preparedness tool for industry, individuals and municipalities.

Information about the MyMedicalRecords Pro service, designed to give physicians' offices an easy and cost-effective solution to digitizing paper-based medical records, is available at www.mymedicalrecordsmd.com.

To learn more about MMR Information Systems, Inc., visit www.mmrinformationssystem.com.

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