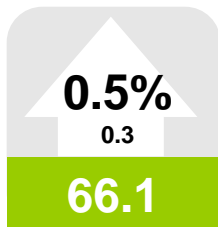
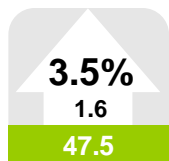


Gallup-Healthways Monthly U.S. Well-Being Report

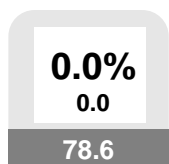
May 2009



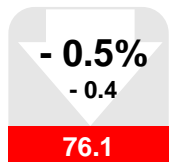
U.S. Well-Being



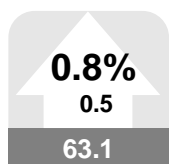
Life Evaluation



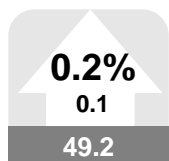
Emotional Health



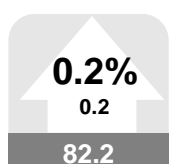
Physical Health



Healthy Behavior



Work Environment



Basic Access

America's Uptick in Well-Being Continues, Life Evaluation Reaches an All-Time High

In May, the Gallup-Healthways Well-Being Index™ (WBI) Composite and Life Evaluation Index (LEI) scores continued to rebound from historical lows in December and November of 2008, respectively.

The WBI Composite rose to 66.1 at the end of May, an increase of 0.3 point, or 0.5 percent, a seven-month high. The Composite score last reached 66.1 in Oct. 2008, then plummeted in association with the deepening U.S. financial crisis. Persons from all income levels, with the exception of those making less than \$1,000 per month, have reported improved well-being year-over-year. The 2.8 point Composite score increase this year represents an improvement in standard of living for more than six million people.

Higher Life Evaluation continues to be the primary driver behind increases in the WBI Composite, with growth in Life Evaluation being largely offset by generally small changes in Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. Significant year-over-year declines in Emotional Health, Physical Health, Healthy Behavior and Work Environment continue to characterize these four indices.

Earlier in April 2009, the Life Evaluation Index, which is partially based on the Cantril Self-Anchoring Striving Scale, surged an unprecedented 22.1 percent to close the month at an absolute score of 45.9. That trend continued in May, with the LEI gaining an additional 1.6 points, or 3.5 percent. The May absolute LEI score of 47.5 is the highest Life Evaluation score in the history of the Gallup-Healthways Well-Being Index, a 6.4 point increase year-over-year.

A full 51.2 percent of Americans were categorized as Thriving in May, according to self-reported evaluations of current and anticipated life circumstances, while 45.1 percent of Americans were considered Struggling, on par with pre-financial crisis levels, recorded in Feb. 2008. The percentage of Americans categorized as Suffering has shown less movement since the WBI's inception.

Gallup and Healthways researchers continue to watch significant year-over-year declines in the WBI's Healthy Behavior and Work Environment Sub-Indices of 1.9 and 2.1 absolute points, respectively. Although the nation's Healthy Behavior score has rebounded from a yearly low of 59.7 in Dec. 2008 to 63.1 in May 2009, it is 1.9 points below the same period last year. The Work Environment Sub-Index has declined and held below 50 absolute points for five straight months.

America's Physical Health declined from April to May 2009 by 0.4 point, and is 0.6 point below the same period last year.

Kurt Schusterman
Healthways, Inc.

Katie Bell
Gallup, Inc.

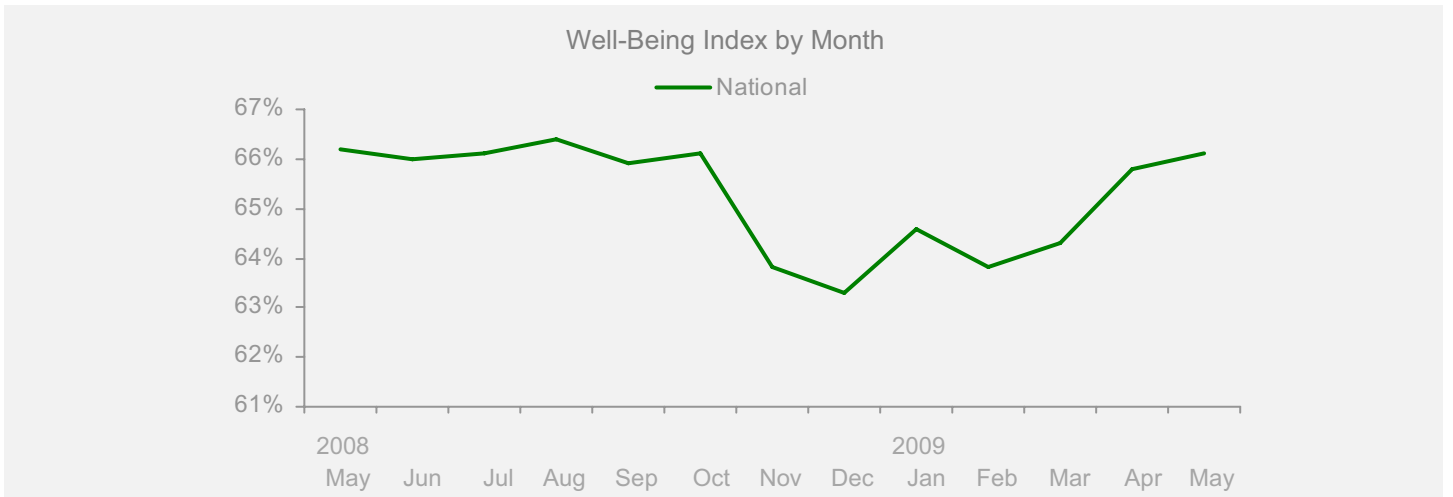
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values is 0-100.

Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data
Based on 30,380 surveys completed in May 2009. Total of 504,526 since January 2, 2008.

U.S. Composite and Life Evaluation Score

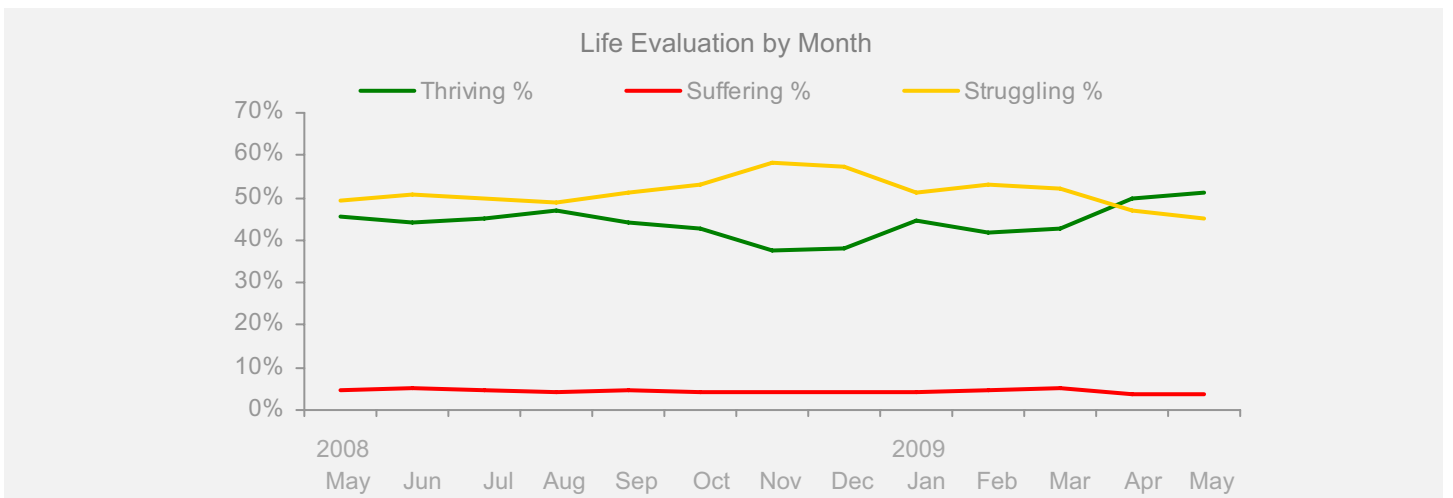
	2008					2009					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	+0.3	-0.1



Life Evaluation

SCALE 0-100 MoE = Composite Score +/- 0.7% Each Category +/- 0.6%

Life Evaluation	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	+1.6	+6.4
Thriving %	45.8	44.2	45.3	46.9	44.1	42.7	37.4	38.0	44.5	42.0	42.7	49.6	51.2	+1.6	+5.4
Struggling %	49.4	50.7	50.0	48.7	51.4	53.2	58.3	57.5	51.4	53.3	52.2	46.8	45.1	-1.7	-4.3
Suffering %	4.7	5.0	4.7	4.4	4.5	4.1	4.3	4.4	4.1	4.7	5.1	3.6	3.7	+0.1	-1.0



Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data
Based on 30,380 surveys completed in May 2009. Total of 504,526 since January 2, 2008.

National and Regional Composite Well-Being Scores

	2008					2009					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Well-Being Index	MoE = National +/- 0.2% Regional +/- 0.4%														
National	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	+0.3	-0.1
Northeast	66.0	66.0	66.3	66.7	65.3	65.8	63.9	63.8	64.0	64.3	64.2	65.7	66.1	+0.4	+0.1
South	66.1	65.8	64.9	66.5	65.9	65.8	63.2	62.6	63.8	63.1	63.7	65.8	65.7	-0.1	-0.4
Midwest	64.8	65.0	66.2	65.4	64.7	65.1	62.5	62.2	64.7	63.4	64.0	65.4	65.1	-0.3	+0.3
West	68.0	67.2	67.3	67.3	67.6	67.6	66.1	65.1	66.2	64.7	65.5	66.3	67.6	+1.3	-0.4
Life Evaluation	MoE = National +/- 0.7% Regional +/- 1.4%														
National	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	+1.6	+6.4
Northeast	40.2	37.6	40.0	42.9	37.0	36.9	32.8	34.1	39.3	38.1	37.3	46.2	47.5	+1.3	+7.3
South	42.6	40.6	40.2	43.8	41.0	39.5	32.1	32.8	39.6	36.2	37.4	46.1	48.9	+2.8	+6.3
Midwest	36.5	36.2	39.4	39.3	36.4	35.9	29.7	29.8	39.6	34.4	35.7	44.6	44.0	-0.6	+7.5
West	44.6	41.6	43.0	43.5	43.5	41.9	38.0	38.0	43.1	41.0	40.2	46.8	49.1	+2.3	+4.5
Emotional Health	MoE = National +/- 0.3% Regional +/- 0.5%														
National	79.6	79.7	79.4	79.2	78.6	78.8	78.1	77.5	78.0	77.7	78.0	78.6	78.6	+0.0	-1.0
Northeast	79.2	79.3	79.5	79.3	78.1	78.6	77.2	77.4	77.3	77.3	77.5	78.1	78.3	+0.2	-0.9
South	79.4	79.8	79.0	79.3	79.0	78.7	78.1	77.3	77.8	77.7	78.0	78.8	78.5	-0.3	-0.9
Midwest	79.5	79.7	80.1	79.4	78.1	78.8	77.9	77.4	78.3	78.1	78.4	78.7	78.2	-0.5	-1.3
West	80.2	80.1	79.4	79.1	78.9	79.2	79.2	78.0	78.6	77.7	77.9	78.6	79.3	+0.7	-0.9
Physical Health	MoE = National +/- 0.2% Regional +/- 0.3%														
National	76.7	77.2	77.3	77.5	77.4	77.9	76.5	75.7	76.5	75.8	76.0	76.5	76.1	-0.4	-0.6
Northeast	76.9	77.5	78.1	78.3	77.6	78.1	76.6	76.1	76.6	76.0	76.3	76.2	76.3	+0.1	-0.6
South	76.1	76.5	76.1	77.0	77.0	77.4	75.1	74.3	75.7	75.5	75.1	76.2	75.3	-0.9	-0.8
Midwest	76.5	77.5	78.1	77.5	77.1	77.8	76.6	76.7	77.0	75.5	76.3	76.7	75.8	-0.9	-0.7
West	77.7	77.6	77.5	77.4	78.2	78.4	78.2	76.4	77.3	76.3	76.5	77.0	77.1	+0.1	-0.6
Healthy Behavior	MoE = National +/- 0.2% Regional +/- 0.4%														
National	65.0	64.5	64.8	64.8	63.7	63.6	61.4	59.7	61.2	61.8	62.7	62.6	63.1	+0.5	-1.9
Northeast	65.9	64.8	65.5	65.8	64.6	64.3	61.5	60.2	61.3	62.2	63.0	63.6	63.9	+0.3	-2.0
South	64.1	63.6	63.3	64.1	62.7	62.6	60.6	59.4	60.3	60.9	61.9	62.1	61.5	-0.6	-2.6
Midwest	62.9	62.3	63.5	62.5	61.7	61.6	59.1	57.1	59.2	60.0	61.0	60.0	61.5	+1.5	-1.4
West	67.5	67.5	67.7	67.0	66.4	66.3	64.8	62.0	64.2	64.5	65.4	65.0	65.9	+0.9	-1.6
Work Environment	MoE = National +/- 0.6% Regional +/- 1.2%														
National	51.3	51.7	50.6	51.0	51.8	53.3	50.8	50.6	49.1	48.7	49.8	49.1	49.2	+0.1	-2.1
Northeast	48.3	50.7	48.7	48.9	49.2	50.3	49.8	50.3	45.4	49.0	48.0	46.4	46.0	-0.4	-2.3
South	52.1	51.8	49.4	52.1	52.5	54.1	51.8	50.7	48.8	48.5	49.3	50.7	49.5	-1.2	-2.6
Midwest	49.4	50.3	51.1	48.6	50.4	52.2	47.6	48.1	50.7	49.6	50.1	49.6	48.6	-1.0	-0.8
West	55.1	53.8	53.8	54.0	54.7	56.3	53.7	53.4	51.7	47.7	52.0	49.0	52.3	+3.3	-2.8
Basic Access	MoE = National +/- 0.2% Regional +/- 0.4%														
National	83.5	83.6	83.5	83.7	84.1	84.1	83.1	82.9	82.4	81.5	81.5	82.0	82.2	+0.2	-1.3
Northeast	85.4	85.8	85.7	85.4	85.5	86.3	85.3	85.0	84.2	83.2	83.0	83.5	84.2	+0.7	-1.2
South	82.2	82.3	81.7	82.5	83.1	82.7	81.3	80.9	80.6	80.1	80.3	80.8	80.7	-0.1	-1.5
Midwest	84.1	84.2	84.8	84.8	84.6	84.3	83.8	84.2	83.3	82.5	82.6	82.9	82.5	-0.4	-1.6
West	82.8	82.7	82.5	82.6	83.7	83.7	82.7	82.6	82.1	81.0	80.9	81.3	81.9	+0.6	-0.9

Regions: EAST: ME, NH, VT, MA, RI, CT, NY, NJ, PA, MD, DE, WV, DC. MIDWEST: OH, MI, IN, IL, WI, MN, IA, MO, ND, SD, NE, KS. SOUTH: VA, NC, SC, GA, FL, KY, TN, AL, MS, AR, LA, OK, TX. WEST: MT, AZ, CO, ID, WY, UT, NV, NM, CA, OR, WA, HI, AK.

Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 30,380 surveys completed in May 2009. Total of 504,526 since January 2, 2008.

National Well-Being Scores by Demographic

	2008					2009					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Gender MoE = +/- 0.3%															
Male	66.6	66.3	66.6	66.9	66.4	66.5	64.6	63.9	65.1	64.2	64.7	65.9	66.6	+0.7	+0.0
Female	65.8	65.6	65.6	66.0	65.4	65.7	63.1	62.8	64.1	63.4	63.9	65.7	65.6	-0.1	-0.2
Age MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%															
18 to 29	66.1	66.2	66.2	66.4	65.5	66.0	63.5	63.1	65.6	65.1	64.5	66.0	67.1	+1.1	+1.0
30 to 44	66.3	66.4	66.6	66.4	66.1	65.6	64.0	63.6	64.7	63.9	64.7	66.2	66.5	+0.3	+0.2
45 to 64	65.2	64.9	65.0	65.6	64.8	65.0	62.7	62.3	63.4	62.4	63.1	64.6	64.8	+0.2	-0.4
65 and older	70.2	68.7	68.3	69.8	69.0	70.4	67.6	66.2	66.6	66.4	66.4	68.7	68.4	-0.3	-1.8
Family Status MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%															
Married	68.9	68.7	69.2	69.9	69.1	69.2	66.8	66.5	67.5	66.7	67.1	68.9	69.2	+0.3	+0.3
Single	64.3	64.1	64.2	64.0	63.4	63.2	61.9	61.1	62.9	62.2	62.2	63.6	64.5	+0.9	+0.2
Divorced	59.7	59.3	60.3	60.9	59.0	60.3	58.5	57.7	59.1	57.4	59.0	60.5	60.3	-0.2	+0.6
Widowed	64.7	65.2	64.2	65.2	64.5	65.9	63.0	62.2	63.4	62.4	63.1	65.3	63.7	-1.6	-1.0
Separated	56.6	55.3	56.3	55.5	56.7	54.4	52.5	54.0	53.0	54.3	54.2	55.2	57.1	+1.9	+0.5
Domestic Partner	62.3	61.2	61.2	61.3	61.0	61.5	59.7	59.6	61.9	60.9	62.0	60.7	63.9	+3.2	+1.6
Ethnicity MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%															
White	67.0	66.7	66.8	67.2	66.8	67.0	64.8	64.2	65.2	64.5	64.8	66.6	66.6	+0.0	-0.4
Black	62.6	63.0	62.5	63.1	61.5	62.1	60.0	59.0	62.3	60.6	61.2	62.8	63.7	+0.9	+1.1
Hispanic	63.9	63.7	64.5	64.8	64.0	63.9	62.2	61.6	63.7	62.2	63.7	64.0	65.0	+1.0	+1.1
Asian	70.5	70.2	69.4	70.2	68.3	70.0	64.4	67.8	67.9	65.0	67.5	69.2	68.6	-0.6	-1.9
Other	64.5	63.7	62.8	63.1	62.0	63.2	60.4	61.0	60.3	61.4	61.0	61.3	64.3	+3.0	-0.2
Household Income MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%															
Under \$1,000	54.7	54.9	52.9	52.0	53.3	54.4	51.6	51.6	53.1	51.5	51.9	54.0	53.3	-0.7	-1.4
\$1,000-\$1,999	57.7	57.0	57.3	58.6	57.4	56.8	55.9	54.4	56.1	55.9	57.1	58.0	58.9	+0.9	+1.2
\$2,000-\$2,999	62.1	61.0	61.8	62.8	60.8	61.9	59.2	59.9	61.0	60.1	60.9	63.4	63.3	-0.1	+1.2
\$3,000-\$3,999	64.6	65.2	65.5	65.9	65.1	65.0	62.6	63.2	64.7	63.8	63.9	65.4	66.8	+1.4	+2.2
\$4,000-\$4,999	67.4	67.8	68.2	68.3	68.0	67.8	66.4	66.2	66.1	66.4	66.6	67.9	68.1	+0.2	+0.7
\$5,000-\$7,499	70.6	70.5	70.8	71.6	70.2	70.4	68.8	68.1	69.8	68.1	69.5	70.7	71.0	+0.3	+0.4
\$7,500-\$9,999	73.3	72.9	73.1	74.1	72.8	74.2	71.4	71.2	71.1	70.8	71.5	73.2	73.9	+0.7	+0.6
\$10,000 +	74.3	74.0	74.9	74.6	74.6	74.2	72.7	72.0	72.8	73.0	72.8	73.9	74.7	+0.8	+0.4

About the Sub-Indices and Methodology

To compile the Gallup-Healthways Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays. The survey methods rely on live interviewers, dual-frame random-digit-dial (RDD) sampling – which includes landlines as well as wireless phone sampling – and a random selection method for choosing respondents within a household. Daily tracking includes Spanish-language interviews and interviews in all 50 states. The data are weighted daily to compensate for disproportionalities in selection probabilities and nonresponse. The data are weighted to match targets from the U.S. Census Bureau by age, sex, region, gender, education, ethnicity, and race. For results based on each monthly sample, one can say with 95% confidence that the maximum margins of sampling error are as shown. Demographic results will have a higher level of sampling error. In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live.