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GALLUP AND HEALTHWAYS RELEASE MAY 2010 U.S. WELL-BEING REPORT

*Gallup-Healthways Well-Being Index Reaches Historic High,
May Shows Americans Sustaining Well-Being Recovery*

WASHINGTON, D.C. & NASHVILLE, Tenn. – June 10, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for May 2010.

The Gallup-Healthways Well-Being Index™ (WBI) measurement of U.S. well-being reached 67.4 in May, surpassing the record of 67.0 documented last month and in August of 2009. The record high WBI score in consecutive months suggests ongoing recovery of American well-being despite challenges such as high unemployment.

This improvement was realized through upticks in four of the six components of well-being, including record highs in the Life Evaluation Index and Healthy Behavior Index. The Emotional Health Index matched its highest score in May, equaling the scores recorded last month and in March of 2008.

The Healthy Behavior Index improvement in May was driven by more Americans reporting they exercised for 30 minutes at least three times in the past week. Gains in healthy behavior are likely to continue providing buoyancy in overall well-being through the summer months, when good weather leads many people to outdoor activities and more frequent exercise.

Seasonal influences of cold, flu and headache lessened in May, and the Physical Health Index reflects this with an uptick of 0.4 points. Americans reported fewer occurrences of chronic diseases such as high blood pressure and cholesterol, and more respondents indicated that their health did not keep them from participating in their usual activities.

To download the full May report, please click [here](#).

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit www.well-beingindex.com. You may also click [here](#) to view the Gallup and Healthways 2009 City, State and Congressional District Rankings.