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

*Gallup-Healthways Well-Being Index Shows Well-Being Levels
After Early Summer Swell*

WASHINGTON, D.C. & NASHVILLE, Tenn. – August 12, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for July 2010.

The Gallup-Healthways Well-Being Index™ (WBI) dropped slightly to 67.1 in July from June's second-highest score of 67.3 and shows a modest retraction in the nation's well-being rebound, with a fall in four of the six sub-indices comprising the Index. A portion of the overall dip is attributed to the continued decline in the Work Environment. However, July remains the fourth month in a row with a composite score of 67.0 or higher and Healthy Behaviors recording an all-time high.

The Life Evaluation Index (LEI) slipped significantly to 49.6 from June's record high of 50.8. July was the first time since December 2009 the LEI has fallen this low. The LEI aligns with major consumer confidence measures showing increasing concern in America's short-term outlook, and the U.S. Department of Labor's announcement of a summer hiring stall with unemployment remaining at 9.5 percent.

The Work Environment Index (WEI), which has suffered throughout the recession, dropped almost a full point over the last three months, with July (48.1) the 17th time in the last 19 months the WEI has been below 50. The WEI measured above that level during all of 2008, which clearly shows people's work environment has yet to fully recover from the economic downturn.

To download the full July 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.

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