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

Well-Being Hits Lowest Point in 2010; Americans Getting Sick, Tired

WASHINGTON, D.C. & NASHVILLE, Tenn. – October 14, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for September 2010.

The Gallup-Healthways Well-Being Index™ (WBI) continued its four-month downward trend hitting the lowest point this year at 66.4. The decline is precipitated by the lowest Life Evaluation Index (LEI) in fourteen months, statistically significant falls in the Physical Health Index (PHI) and the Healthy Behavior Index (HBI) and a second consecutive month of all-time lows in work environment.

In two months, the LEI has fallen 2.4 points to 48.4. September's 3.6 percent of Americans who score low on this metric and are considered suffering is higher than it has been in 14 months. The PHI reached its lowest score since May 2009 at 76.2. September's drop was driven by an all-time high, 24.9 percent of Americans reporting physical pain. Americans are also increasingly tired. The measure reported more than 30 percent felt fatigued during the month, the highest recorded since December 2008.

The HBI slipped significantly for the second consecutive month, landing at 64.5. The Work Environment Index sank lower than the previous lowest score last month to 47.6. This trend likely reflects the prolonged impact of the recession and the continued influence of the economic downturn on work environment.

To download the full September 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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