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

Well-Being Edges Up Slightly After September's 2010 Low

WASHINGTON, D.C. & NASHVILLE, Tenn. – November 11, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for October 2010.

The Gallup-Healthways Well-Being Index™ (WBI) remained mostly flat in October at 66.5, up only slightly over last month's 66.4, the lowest WBI score of the year. The October WBI score matches the October 2009 score, and is higher than October 2008. This month's improvement was driven by a slight boost in the Life Evaluation Index (LEI), the Emotional Health Index (EHI) and Work Environment Index (WEI).

On the positive side, the EHI reversed a four month decline by edging up to 79.3 in October. The LEI, the measure of people's current life perception and optimism for the future, moved up slightly in October to 49.3 after dropping to its lowest mark in over 14 months in September with a 48.4.

The Physical Health Index and Healthy Behaviors both slipped significantly in October, as did the Basic Access Index.

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

The WBI has now reached one million completed surveys. Find out what we've [learned](#).

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

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