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

Well-Being Unchanged in November and Still Hovers Near 2010 Low

WASHINGTON, D.C. & NASHVILLE, Tenn. – December 9, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for November 2010.

For the first time since reporting began in January 2008, the Gallup-Healthways Well-Being Index™ (WBI) Composite Score showed no monthly change. November stayed at the 66.5 level posted in October and neither of those scores was significantly above September's 66.4, the lowest point of this year.

With help from the Thanksgiving Holiday, the happiest day of the year each of the last two years, the Emotional Health Index (EHI) edged up for the second consecutive month, hitting 79.4 in November. The Life Evaluation Index rebounded slightly to 49.7 in November, rising the past two consecutive months since falling to its year-to-date low of 48.4 in September.

The Work Environment Index, which has been setting record lows in the past few months, remained essentially flat at 48.2 in November. Five of the worst months since polling began were in the past six months.

To download the full November 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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