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

America's Well-Being hits 20-month low

WASHINGTON, D.C. & NASHVILLE, Tenn. – January 13, 2011 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for December 2010.

In December, the Gallup-Healthways Well-Being Index® (WBI) Composite Score fell to 66 from November's 66.5, the lowest measured since April 2009. This score remains above the record-setting lows reached during the economic downturn of late 2008 and 2009, but is similar to the lows American's reported towards the end of the crisis.

The WBI's fall in December was driven by declines in several sub-indices. Among them, Basic Access (BAI) dropped to 81.7, significantly lower than any other month of the year and the second lowest BAI score ever recorded.

Also affecting the WBI was the lowest recorded score for Healthy Behaviors (HBI) at 61 and the worst score in a year for Emotional Health (EHI) at 78.7.

To download the full December 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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