

Gallup Contact:

Eric Nielsen
(202) 715-3030
Eric_nielsen@gallup.com

Healthways Contact:

Bruce Middlebrooks
(615) 614-4463
bruce.middlebrooks@healthways.com

**GALLUP-HEALTHWAYS 2010 WELL-BEING INDEX SHOWS AMERICANS' VIEWS OF THEIR
WORK ENVIRONMENTS DECLINING**

*Three-Year U.S. City/State Rankings Reveals Continued Downward Trend in
Work Environment Well-Being*

WASHINGTON, D.C. and NASHVILLE, Tenn. – March 9, 2011 – Workplace satisfaction in the U.S. has continued to decline over the past three years, according to the city and state data from The Gallup-Healthways Well-Being Index™ (WBI).

The Gallup-Healthways Well-Being Index™ (WBI), a daily survey of Americans' well-being, measures six key aspects of well-being: life evaluation, emotional health, work environments, physical health, healthy behaviors and basic access.

The Work Environment Index score has dropped from 50.9 in 2008 to 49.1 in 2009 to 48.2 in 2010, revealing increasing discontent with the U.S. work environment, including job satisfaction, trust and employee/supervisor relations.

Consistent with a challenging work environment, Americans' access to basic necessities, including medical care, remains down -- the Basic Access Index score dropped to 82.3 in 2010, from 83.6 in 2008, although it is slightly better than the 82.1 in 2009.

"The WBI data can be viewed as an indicator of the actual state of the nation over the past three years, mirroring unemployment rates and the added pressure the employed are feeling," said John Harris, Chief Well-Being Officer at Healthways. "Seeing the declining satisfaction in work environment is a reminder that business leaders and government must empower themselves with the tools, programs and resources necessary to increase well-being in the workplace. Making strides in this area is critical to our ability to increase productivity, lower healthcare costs and achieve sustained economic growth, while raising the well-being standard in our nation."

Key Sub-Index Changes:

- The Healthy Behavior Index scores -- which includes smoking, eating and exercise habits -- improved to 64.1 in 2010 from 63.1 in 2009 and 63.3 in 2008.
- The Physical Health Index score -- reflecting the number of sick days taken over the past month, disease burden and obesity -- has remained essentially unchanged over the past three years; it was 76.9 in 2010, 76.6 in 2009, and 76.7 in 2008.
- The Emotional Health Index -- gauging Americans' happiness, sadness and depression levels, among other things -- was up last year after declining amid the recession; it rose to 79.3 in 2010, from 78.7 in 2009, and 79.1 in 2008.

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Work Environment's Impact on Well-Being by State

South Dakota (57.6) ranks number one in work environment well-being, with Nebraska (52.8), Montana (52.4), Wyoming (52.2) and North Dakota (51) joining it to make up the top-five work environment states. Delaware (40.3), Mississippi (42.2), Louisiana (43.7), Michigan (43.9) and Nevada (44.2) reported the worst work environments this year.

The Well-Being of the Nation's States

Hawaii, led the nation in well-being in 2010 (71.0), scoring highest in life evaluation (64.0), emotional health (84.1) and physical health (80.4). In addition, the top-ten well-being states include North Dakota (68.4), Alaska (68.3), Colorado (68), Minnesota (68) and Utah (67.9). Wyoming (69.2), South Dakota (68), Connecticut (67.9) and Nebraska (67.8) also join this group of well-being leaders.

Southern states are among the worst performing in the nation, including West Virginia (61.7), Kentucky (61.9), Mississippi (63), Arkansas (63.7) and Alabama (63.7). Michigan (64.6), Louisiana (64.3), Nevada (64.2), Delaware (64.2) and Ohio (63.8) are also among the bottom-ten performers.

"It is clearly in our nation's best interest to provide Americans with resources to improve well-being," said Ben Leedle, Healthways CEO. "The benefits of improved well-being serve to enhance not only an individual's state of well-being, but also the well-being of communities at every scale: from families and neighborhoods to metropolitan areas, states and the nation. We must transform our nation's collective vitality, and the time to act is now."

About the Gallup-Healthways Well-Being Index™ (WBI)

Gallup, the world's best known and most respected behavioral science authority, and Healthways (NASDAQ: HWAY), the world's largest well-being improvement company, conducted more than 352,840 surveys between January and December 2010. The WBI, which has been polling 1,000 Americans per day, 350 days a year, evaluates six key areas of well-being in an effort to better understand the overall state of well-being in the U.S.

More than 1.1 million surveys have been collected since polling began in January 2008, making the WBI the largest database of behavioral economics and information concerning holistic well-being in existence. The WBI is calculated on a scale of 0 to 100, where a score of 100 represents ideal well-being.

The 42 core questions that make up the WBI survey were scientifically designed by some of the world's leading experts in economics, psychology and health to thoroughly measure how respondents are faring in all aspects of their lives: physically, emotionally, socially and professionally, as well as to take a daily pulse of how Americans rate the overall quality of their current life and outlook for the future.

The data resulting from the WBI can be used to identify where communities are doing well and where communities are struggling to target policies and invest in initiatives to optimize well-being, improving the lives of people in America and reducing healthcare costs.

Gallup and Healthways will release in-depth state reports, including city and congressional district level findings later in 2011.

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Following is a snapshot of the best performers for 2010:

Top 10 Well-Being Cities and States

Rankings from data collected January 2, 2010 – December 30, 2010

Top 10 Large Cities *

1. Washington-Arlington-Alexandria, DC-VA-MD-WV
2. Austin-Round Rock, TX
3. San Jose-Sunnyvale-Santa Clara, CA
4. Seattle-Tacoma-Bellevue, WA
5. San Francisco-Oakland-Fremont, CA
6. Minneapolis-St.Paul-Bloomington, MN-WI
7. Boston-Cambridge-Quincy, MA-NH
8. San Diego-Carlsbad-San Marcos, CA
9. Raleigh-Cary, NC
10. Hartford-West Hartford-East Hartford, CT

Top Mid-Size Cities

1. Boulder, CO
2. Lincoln, NE
3. Fort Collins-Loveland, CO
4. Provo-Orem, UT
5. Honolulu, HI
6. Madison, WI
7. Cedar Rapids, IA
8. Gainesville, FL
9. Bridgeport-Stamford-Norwalk, CT
10. Peoria, IL

Top 10 Well-Being Cities and States (continued)

Rankings from data collected January 2, 2010 – December 30, 2010

Top 10 Small Cities

1. Burlington-South Burlington, VT
2. Olympia, WA
3. Bellingham, WA
4. Bremerton-Silverdale, WA
5. Topeka, KS
6. Barnstable Town, MA
7. Charlottesville, VA
8. Kennewick-Pasco-Richland, WA
9. Medford, OR
10. Amarillo, TX

Top 10 States

1. Hawaii
2. Wyoming
3. North Dakota
4. Alaska
5. Colorado
6. Minnesota
7. South Dakota
8. Utah
9. Connecticut
10. Nebraska

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