



## MEDIA ADVISORY

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### GALLUP AND HEALTHWAYS RELEASE JANUARY 2011 U.S. WELL-BEING REPORT

*2011 Begins with Moderate Well-Being Recuperation*

**WASHINGTON, D.C. & NASHVILLE, Tenn.** – Feb. 10, 2011 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for January 2011.

The first month of 2011 saw the Gallup-Healthways Well-Being Index® (WBI) Composite Score rise a modest but significant 0.7 points, to 66.7. This mirrors the WBI measure of 66.8 for January, 2010.

All of the sub-indices with the exception of the Work Environment Index (WEI) experienced significant improvement in January. Especially noteworthy was the record high for the Life Evaluation Index, which closed the month at 51.0 after measuring under 50 for six consecutive months.

Through three full years of polling, the WBI provides the first large population validation of the “Holiday Blues” that afflict many Americans each year. The Emotional Health Index rose 0.7 points to 79.4 in January. As the Holiday season drew to a close and New Year’s Resolutions kicked off, January also saw significant improvements in the Healthy Behavior Index, rising 1.8 points to 62.8, and the Physical Health Index, up 0.4 points to 76.7. These rebounds are consistent with cyclical trends from previous years.

The Basic Access Index improved slightly in January, up 0.4 points to 82.1. The WEI was the only sub-index that did not show improvement in the first month of 2011. The measure hasn’t been above 49 since September 2009 and slipped slightly to 48.2 in January, reversing a modest four month improvement trend.

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit [www.well-beingindex.com](http://www.well-beingindex.com).

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

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