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OLDER AMERICANS LEAD ALL AGE GROUPS IN WELL-BEING

Americans 65 and Older Score Highest According to April 2011

Gallup-Healthways Well-Being Index

NASHVILLE, TN. – May 18, 2011 – New findings from the Gallup-Healthways Well-Being Index® (WBI) show that Americans over age 65 are experiencing the highest overall well-being. The report shows that as Americans age, there is a steady increase in healthy behaviors, work environment satisfaction and basic access to necessities peaking with those over 65. Older Americans are also thriving in the area of emotional health and are reportedly less sad and depressed than any other age group. They are falling slightly behind other age groups in life evaluation and physical health.

“Today’s older Americans show remarkable resilience as they age and navigate longevity’s challenges,” said Joseph Coughlin, PhD, Director of the Massachusetts Institute of Technology’s AgeLab. “For tomorrow’s older adults to do as well, if not better, we need to take a lifespan approach to address multiple dimensions of well-being, from managing physical problems such as obesity, to instilling lifelong behaviors that will support a future generation of Americans that could begin approaching a new normal of 100 years of life.”

Advances in medicine and increased health-awareness efforts are leading to longer life expectancies among older Americans. It is predicted that by 2020, the average life expectancy in the U.S. will climb to 79.5, and that one in five people will be 65 or older in 2050. The current culture stresses the importance of instilling healthier behaviors among younger generations to reduce obesity, stop smoking and improve overall well-being so this next generation can reap the benefits of a long life.

“It’s apparent that with age comes wisdom. As evidenced through our SilverSneakers Fitness Program, older Americans are practicing the behaviors that get and keep them well, including embracing their communities, which improves emotional health, and are also smoking less and eating healthier,” said Ben Leedle, Jr., Healthways President and CEO. “The key now is to provide the solutions and tools to make healthy living a habit among younger generations as the most effective investment in lowering healthcare costs and increasing the overall well-being of our nation.”

The report shows that Americans over 65 scored 69.0 (out of 100), beating out every age group including 18-29 year-olds, who scored second at 68.0. In addition, 30-44 year-olds trailed with a score of 67.0 followed by the 45-64 year-old age group’s score of 65.0.

For more information or to download the full April WBI report, visit www.well-beingindex.com.

About Healthways

Healthways, Inc. (NASDAQ: HWAY) is the leading provider of specialized, comprehensive solutions to help millions of people maintain or improve their health and well-being and, as a result, reduce overall costs. Healthways' solutions are designed to keep healthy people healthy, reduce health-related risks and optimize care for those with chronic illness. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network and a national Fitness Center Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit www.healthways.com. For more information about the Gallup-Healthways Well-Being Index, please visit www.well-beingindex.com.

About the Gallup-Healthways Well-Being Index®

The Gallup-Healthways Well-Being Index is the first and largest survey of its kind, with 1,000 calls a day, seven days a week. It is the official statistic for Well-Being in America, giving a daily measure of people's well-being at the close of every day based on the World Health Organization (WHO) definition of health as not only the absence of infirmity and disease but also a state of physical, mental and social well-being. The Well-Being Index describes the correlation between the places where people work and the communities in which they live, and how that and other factors impact their well-being. Additionally, the enterprise version of the Well-Being Index may be administered in workplaces throughout the U.S. to determine the Well-Being score of a specific employer population and how it compares to the employer's state and nation. With such data, employers can uncover and address key factors that impact the productivity and financial health of the organization. For additional information, go to www.well-beingindex.com.

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