



HEALTHWAYS

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GALLUP AND HEALTHWAYS RELEASE JUNE 2011 WELL-BEING INDEX

Americans' Healthy Behaviors Lowest June on Record Since Inception of the Index

WASHINGTON D.C. & NASHVILLE, Tenn. – July 14, 2011 – Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index® (WBI) for June 2011. The WBI composite score remains relatively high at 66.7; however, healthy behaviors among Americans are lower than they have been in any other June since the WBI was introduced in 2008.

Other findings:

- **The Life Evaluation Index** remains essentially unchanged at 49.9, with 53.3 percent of Americans thriving and 3.4 percent suffering.
- **The Emotional Health Index** remained at 79.6 for the second consecutive month. 60.6 percent of Americans stated they were “without stress a lot of the day yesterday” and 68.9 percent were “without worry a lot of the day yesterday.”
- **The Healthy Behavior Index** remains low, up just 0.2 points to 64.0 from May. Up over seven points since December’s 45.9 percent, 53.4 percent of Americans reported exercising 30 minutes or more at least three days in the last week. In addition, 66.5 percent “ate healthy all day yesterday” and 55.7 percent ate at least five servings of fruits and veggies at least four days in the last week.
- **The Physical Health Index** improved to 77.4, with 3.2 percent of Americans stating they were sick with a cold on any given day and 1.1 percent reported experiencing the flu.
- **The Work Environment Index** was up slightly to 47.5 in June but still resulted in the fifth consecutive month of lowest recorded scores in 42 months.
- **The Basic Access Index** remained low at 82.0, unchanged from last month with 91.1 percent of Americans stating it was “easy to get fresh fruits and vegetables” representing 3.2 million fewer with easy access to fresh produce than one year ago. In addition, 90.4 percent reported having “enough money to provide adequate shelter or housing” at all times in the last 12 months.

To download the full June report, click [here](#).

For more on the science and methodology behind the WBI, please visit www.well-beingindex.com.

About Healthways

Healthways 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 health care system. For more information, please visit <http://www.healthways.com>.

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