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## MEDIA ADVISORY

### GALLUP AND HEALTHWAYS RELEASE JULY 2011 WELL-BEING INDEX

#### *Americans Remain Unsatisfied with Work Environment as Life Evaluation Continues to Decline*

**WASHINGTON D.C. & NASHVILLE, Tenn. – August 25, 2011** – Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index® (WBI) for July 2011. The WBI composite score remains relatively high at 66.4, just one point lower than the all-time high score of 67.4 from May 2010. The Life Evaluation Index, however, which includes a self-evaluation of whether Americans are “thriving,” “struggling,” or “suffering,” declined to 48.1 in July, a 23-month low and a significant drop from June’s score of 49.9.

#### Other findings:

- **The Life Evaluation Index** reported 51.7 percent of Americans thriving and 3.7 percent suffering.
- **The Physical Health Index** remained consistent at 77.5, with obesity hitting its lowest metric since October 2008 at 25.6 percent.
- **The Emotional Health Index** was flat at 79.4 for July and consistent with seasonal expectations for this time of the year. In addition, 61.1 percent of Americans stated they were “without stress a lot of the day yesterday.”
- **The Healthy Behavior Index** shows substantial improvement to 64.6 in July, consistent with seasonal expectations, and a significant increase from December’s low score of 45.9. These numbers were influenced by improvements in the percentage of Americans who:
  - Exercised 30 minutes or more at least three days in the last week from 53.4 in June to 54.4 in July.
  - Ate at least five servings of fruits and veggies at least four days in the last week from 55.7 in June to 57.8 in July.
- **The Work Environment Index** remained low at 47.4 in July, resulting in the sixth consecutive month of lowest recorded scores in the history of the WBI.
- **The Basic Access Index** remained low at 81.6, close to its lowest point of 81.5 in February 2009 during the economic recession. The percentage of Americans that reported having “enough money to buy food” at all times in the last 12 months decreased to 80.7 percent in July from 81.6 percent in June, only the second time that this metric was under 81 percent since February 2009.

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

For more on the science and methodology behind the WBI, please visit [www.well-beingindex.com](http://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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