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MEDIA ADVISORY

GALLUP AND HEALTHWAYS RELEASE AUGUST 2011 WELL-BEING INDEX

Data Reveals Decline in Obesity Rates Since 2010

WASHINGTON D.C. & NASHVILLE, Tenn. – Sept. 12, 2011 – Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index[®] (WBI) for August 2011. The overall WBI composite score remains relatively high at 66.1. This is the first year-over-year obesity scores have declined since measurement began in 2008. The obesity score was at 25.9% in August, continuing a slow trend in obesity reduction nationally over the course of 2011.

Key findings:

- In the **Physical Health Index (PHI)**, the percentage of respondents who said they felt well-rested yesterday fell nearly two points to 69.0% in August, the lowest level in 12 months. The overall PHI score inched up to a typical 77.5 in July and stayed there at 77.3 in August.
- The **Work Environment Index**, which hasn't been above 49.0 since September 2009, remained low at 47.1 in August, its third-lowest rating since the inception of the WBI. The lowest scores in successive measurement have come in the last seven months.
- The **Life Evaluation Index** dropped to 47.6 in August, the lowest since July 2009. The 51.5% of Americans that are Thriving is also the lowest since August 2009, and the 4.0% that are suffering is the highest since the 5.1% measured in March 2009.
- The **Basic Access Index** was close to a recorded low at 81.9 in August as 4.1 million fewer American adults reported easy access to fresh produce than one year ago.
 - The percentage of Americans who have visited the dentist in the last 12 months, which hit its lowest recorded level at 63.9% in May, has finally pulled back up over 65% in August at 65.4%.
 - The percentage of Americans with health insurance finally climbed higher in August at 83.2%, the first time over 83% since March and up 1.2 points from last month's 82.0%.
 - Those with a personal doctor rose one point to 78.8% in August, but still nearly two points lower than what was estimated in each of the last three August measurement periods.

- The **Emotional Health Index** dropped one full point to 78.4 in August, an atypical decline for this time of year. The percentage of Americans *without* stress “a lot of the day yesterday” dropped back in August to just 58.5%, down 2.6 points since July and the lowest since February 2009. The percentage of Americans who are *without* worry “a lot of the day yesterday” also dropped 2.7 points to 66.1%, the lowest since March 2009.

To download the full August 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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