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GALLUP AND HEALTHWAYS RELEASE SEPTEMBER 2011 WELL-BEING INDEX

Americans' Access to Basic Necessities Reaches its Lowest Score

20 Percent of Americans Report Not Having Enough Money to Buy Food

WASHINGTON D.C. & NASHVILLE, Tenn. – October 13, 2011 – Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index® (WBI) for September 2011. The WBI reveals that Americans' access to basic necessities dropped to its lowest point in four years to 81.4. This decline was influenced by a reduction in the percentage of Americans that: had enough money to buy food (80.1), found it easy to get fruits and vegetables (90.6) and felt safe walking alone at night (70.2). In addition, the number of Americans with health insurance dropped near its all-time low of 82.3 percent.

The WBI composite score dropped to 65.7, its lowest score since March 2009 (64.3).

Other findings:

- **The Life Evaluation Index** dropped to 47.1, revealing that 51.0 percent of Americans are thriving, while 45% are struggling and four percent are suffering.
- **The Emotional Health Index** recorded its lowest September score in four years (78.3), driven by the decrease in the percentage of Americans "experiencing happiness a lot of the day yesterday" (86.9).
- **The Healthy Behavior Index** also recorded its lowest September score in four years (63.4). These numbers were influenced by a decrease in the percentage of Americans that:
 - Exercised 30 minutes or more at least three days in the last week from 53.3 in August to 51.9 in September.
 - Ate at least five servings of fruits and veggies at least four days in the last week from 57.3 in August to 56.3 in September.
- **The Physical Health Index** declined to 76.7 from the last two months' score of 77.5. Those affected by colds increased from 2.7% to 5.5% on any given day while flu increased from 1.1% to 1.8% on any given day.
- **The Work Environment Index** remained low at 47.3 in September. The eight lowest scores in 45 months have come in the last eight months, revealing continued discontent in the workplace.

To download the full September 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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