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**GALLUP AND HEALTHWAYS RELEASE NOVEMBER 2011 WELL-BEING INDEX**

***Americans' Healthy Behaviors Drop to 62.6 as the Percentage of Those Exercising and Eating Fruits and Vegetables Decreases***

**WASHINGTON D.C. & NASHVILLE, Tenn. – December 12, 2011** – Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index<sup>®</sup> (WBI) for November 2011. The WBI reflects Americans' change in healthy behaviors as the holidays approach, as demonstrated by a low Healthy Behavior score of 62.6, the lowest Healthy Behavior Index November score since 2008's 61.4. The percentage of respondents who exercised 30 minutes at least three days in the last week dropped to 49.8 percent, off 2.4 percent from October. The percentage of Americans who ate at least five servings of fruits and veggies at least four days in the last week dropped to 54.7 percent.

The WBI composite score remained flat in November with a score of 65.8.

Other findings:

- **The Life Evaluation Index** improved to 47.7, up from October's 46.8. The 51.6 percent of Americans who reported they are thriving, represents a four-month high, while 3.9 percent reported they are suffering, statistically matching the last three months.
- **The Emotional Health Index** was 79.0 in November. 59.1 percent of Americans were without stress "a lot of the day yesterday," the lowest for November over the past four years. The percent without worry "a lot of the day yesterday" improved by nearly a point from October to 67.7% in November.
- **The Physical Health Index** was 76.6 in November, as anticipated due to seasonal effects. Those with daily colds and the flu increased, up to 8.4 percent and 2.6 percent, respectively.
- **The Work Environment Index** decreased slightly to 47.2 in November. This decline was driven by the percentage of Americans who reported that their "supervisor treats you like a partner" dropping to 56.1 percent, the lowest since March.
- **The Basic Access Index** was low for the third month in a row with a score of 81.7, up minimally from October's 81.2. The percentage of Americans who reported that it was "easy to get fresh fruits and vegetables" was 90.7. Showing seasonal effects due to darkness arriving earlier, 70.3 percent reported they "feel safe walking alone at night," dropping minimally from 70.5 in October.

To download the full November 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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