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**MORE AMERICANS STRUGGLING,
STATES RANKED ON KEY INDICATORS OF WELL-BEING**

National Thriving-Struggling-Suffering Index from Healthways, Gallup Reveals a Record 60 Percent of Americans Are Struggling; Residents of the Nation's Capitol are Most Optimistic About Their Prospects for the Future

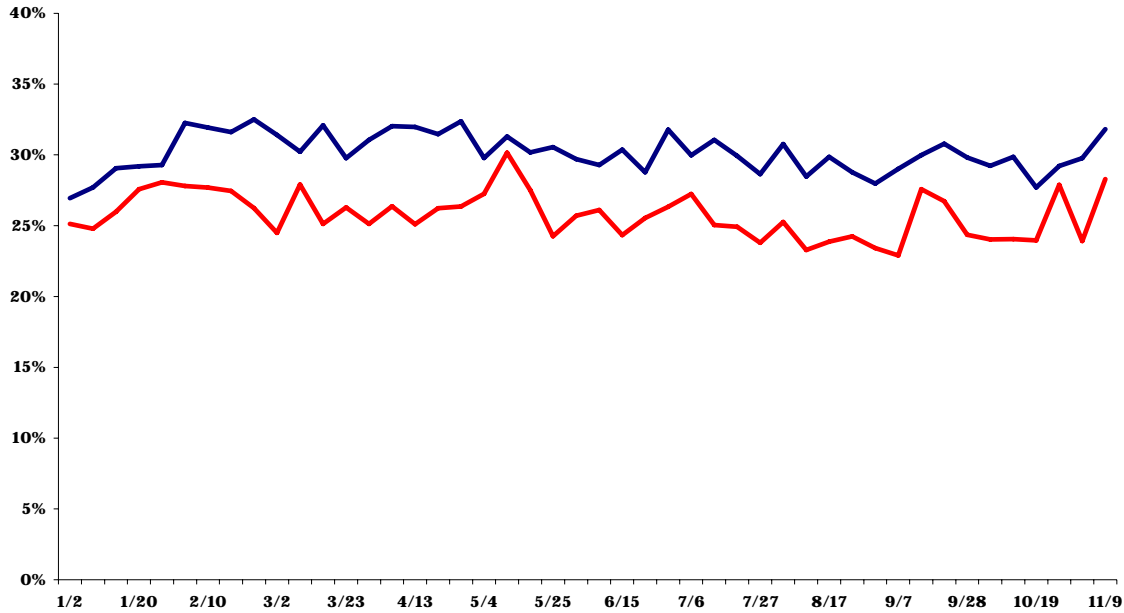
NASHVILLE, Tenn. – (Nov. 25, 2008) – For the first time, the Gallup-Healthways Well-Being Index™ has released the Thriving-Struggling-Suffering Index for Americans revealing that, in the first two weeks of November 2008, the average number of struggling Americans hit 60 percent, a rise of 14 percent from the beginning of 2008. At the same time, the weekly average of Americans thriving hit a new low of 36 percent. The Index reflects both how people view their lives up to now and their prospects over the next five years.

“The information pulled from the Well-Being Index reveals how deeply and widely our current economic challenges are impacting the American people,” said Newt Gingrich, former U.S. Speaker of the House and founder of the Center for Health Transformation. “Beyond allowing us a daily measure of individual and collective health and well-being, the Gallup-Healthways Index can help leaders, policy makers, and employers make decisions and identify solutions that can lead to a healthier workforce, healthier community and healthier nation.”

The Thriving-Struggling-Suffering Index correlates to the national increase in worry over finances. On Nov. 11, 2008, 34.22 percent said they worried about money the day before, 49.75 percent said they perceived their standard of living getting worse and 7.21 percent of respondents said they expected to be worse off in five years. At the state level, the data from the Gallup-Healthways Well-Being Index reveals:

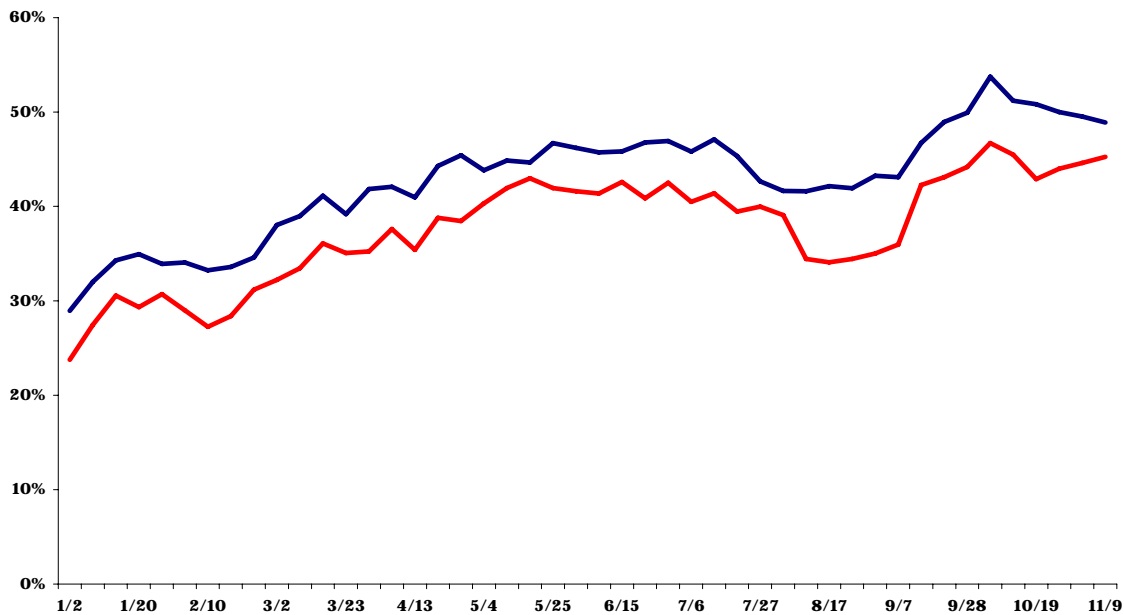
- Washington, D.C. has the highest percentage of residents thriving (55.6 percent).
- Hawaii has the highest percent of people satisfied with their standard of living (82.4 percent).
- Rhode Island residents are most worried about their financial situation and leads all states in the belief their standard of living is getting worse (50.2 percent).
- Connecticut, which has the highest per capita household income, ranks second in financial concerns (37.5 percent said they worried about money) and third in believing standard of living is declining (49 percent).
- Louisiana leads the nation with the fewest percent of people reporting declines in standard of living (77.2 percent are satisfied with standard of living, 48.5 percent believe standard of living is getting better). The state ranked third in optimism and third highest in not worrying about money.

**Percentage of People Who Think Their City or Area Where They Live is Getting Worse
by Week and Democratic and Republican States**



Also, people in blue states generally feel their standard of living is getting worse, a consistent perception since the beginning of the year, although the percentage has risen recently for both red and blue state residents.

**Percentage of People Who Think Their Standard of Living is Getting Worse
by Week and Democratic and Republican States**



Further data is available at www.well-beingindex.com.

From January through mid-August of 2008, most Americans classified themselves as thriving, with basic needs met and the future perceived in a positive light. Those who are thriving are less burdened by disease, generally have higher income and take fewer sick days. By mid-November 2008, 60 percent were struggling, worrying more about money and responding less favorably to

questions about the future, only 36 percent were thriving and four percent were suffering - reporting less access to basic needs, including healthcare. These people are more likely to be burdened by disease, report more sick days and respond to questions about the future saying they expect it to stay the same or decline.

“The Thriving-Struggling-Suffering Index is a key measure because it has a profound impact on overall well-being, including mental and physical health and happiness,” said Amy Neftzger, Healthways lead Well-Being researcher. “When you look at the Index over 2008 and at other sub domains within the Well-Being Index, you see that economic hardship has a profound impact on well-being, and you can also see that different populations respond to the economy differently.”

About the Gallup-Healthways Well-Being Index™

The Gallup-Healthways Well-Being Index is the first and largest survey of its kind, with 1,000 calls a day, seven days a week. It is designed to be the Dow Jones of health, giving a daily measure of people's well-being at the close of every day based on the World Health Organization (WHO) definition of health as not only the absence of infirmity and disease but also a state of physical, mental and social well-being. The Well-Being Index will be a daily measure determining the correlation between the places where people work and the communities in which they live, and how that and other factors impact their well-being. Additionally, The Well-Being Index will increase the understanding of how those factors impact the financial health of corporations and communities. For additional information, go to www.well-beingindex.com.

About Healthways

Healthways, Inc. (NASDAQ: HWAY) is the leading provider of specialized, comprehensive Health and Care Support(SM) solutions to help millions of people maintain or improve their health and, as a result, reduce overall healthcare costs. Healthways' solutions are designed to help healthy individuals stay healthy, mitigate and slow the progression of disease associated with family or lifestyle risk factors and promote the best possible health for those already affected by disease. 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, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit www.healthways.com.

About Gallup

Gallup has studied human nature and behavior for more than 70 years. Gallup's reputation for delivering relevant, timely, and visionary research on what people around the world think and feel is the cornerstone of the organization. Gallup employs many of the world's leading scientists in management, economics, psychology, and sociology, and our consultants assist leaders in identifying and monitoring behavioral economic indicators worldwide. Gallup consultants also help organizations boost organic growth by increasing customer engagement and maximizing employee productivity through measurement tools, coursework, and strategic advisory services. Gallup's 2,000 professionals deliver services at client organizations, through the Web, at Gallup University's campuses, and in 40 offices around the world. For more information go to www.gallup.com.

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