



## MEDIA ADVISORY

**Contact:**

Healthways  
Melissa Wyllie  
615-614-4466

[melissa.wyllie@healthways.com](mailto:melissa.wyllie@healthways.com)

Gallup  
Eric Nielsen  
202-715-3144

[eric.nielsenatgallup.com](http://eric.nielsenatgallup.com)

### GALLUP AND HEALTHWAYS RELEASE FEBRUARY 2010 U.S. WELL-BEING REPORT

*U.S. Workers Report an All-Time Low for Work Environment;  
Overall Well-Being of Nation Above Same Time Last Year*

**WASHINGTON, D.C. & NASHVILLE, Tenn.** – March 11, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for February 2010.

The Gallup-Healthways Well-Being Index™ (WBI) fell slightly in February 2010, dropping a statistically insignificant 0.2 percentage points to close the month at 66.8, still among the highest scores yet recorded. Year-over-year, the overall index increased 2.8 percentage points, representing an improvement in overall well-being for more than nine million Americans.

While the majority of the six sub-indices that comprise the WBI's Composite Score experienced only minor changes during February, the Work Environment Sub-Index (WEI) dropped a further 0.9 percentage points to 48.0, an all-time low. This record low score is more than 5.0 percentage points below the WEI's all time high score of 53.3, recorded on October 2008, a decline in workplace well-being and on-the-job satisfaction for more than 17 million people.

The WBI's Life Evaluation Sub-Index (LEI), which asks respondents to rate their current lives and future outlook, inched upward in February to 50.4, a new high. The Physical Health Sub-Index (PHI) and Healthy Behaviors Sub-Index (HBI) are up 1.0 and 1.3 percentage points respectively over the same time last year.

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit [www.well-beingindex.com](http://www.well-beingindex.com).

To download the February report, please click [here](#).

Click [here](#) to view the Gallup and Healthways 2009 City, State and Congressional District Rankings.

- END -