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

U.S. Well-Being Regains High in March; nearly 3 Million Americans Have Less Access to Basic Necessities than Before Economic Crisis

WASHINGTON, D.C. & NASHVILLE, Tenn. – April 8, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for March 2010.

Well-being in America continues to rebound, after slides in all sub-indices in late 2008 through much of 2009. Closing March at 66.8, the Gallup-Healthways Well-Being Index (WBI) now stands at the second highest monthly score since polling began in January 2008.

During the first three months of 2010, nearly three million Americans had less access to basic necessities than at the same period in 2008. The Basic Access sub-index (BAI) showed a 1.4 point year-over-year decline, closing March at 82.3. The Work Environment Sub-Index (WEI) is down 1.6 points year-over-year and down 2.9 points over March 2008.

Leading overall well-being improvement is the Life Evaluation Sub-Index (LEI), which cumulatively measures current life perception and optimism for the future. Although March LEI had a nonstatistically significant fall of 0.6 points, the LEI remains 12.2 percentage points higher year-over-year, signaling a self-reported improvement of life circumstances for more than 24 million Americans since March 2008.

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

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit www.well-beingindex.com. You may also click [here](#) to view the Gallup and Healthways 2009 City, State and Congressional District Rankings.