



MEDIA ADVISORY

Contact:

Healthways
Melissa Wyllie
615-614-4466
melissa.wyllie@healthways.com

Gallup
Eric Nielsen
202-715-3144
eric_nielsen@gallup.com

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

*Gallup-Healthways Well-Being Index Ties Historical High,
April Shows Americans Sustaining Well-Being Recovery*

WASHINGTON, D.C. & NASHVILLE, Tenn. – May 13, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for April 2010.

The Gallup-Healthways Well-Being Index™ (WBI) was a tie (67.0) for all-time overall well-being in April, revealing a continued recovery of American well-being despite continuing challenges and high unemployment. The only other time in 28 months of measurement the WBI reached 67 was in August 2009. April's score reflects improvement in well-being for more than 8 million Americans since the low (63.3) posted mid-recession in December 2008.

This improvement was created through upticks in five of the six components of well-being, including record highs in the Emotional Health Index and elements of the Work Environment Index. Although the Life Evaluation Index fell a statistically insignificant 0.1 points in April (49.1), it remains less than a point away from its all-time high and is adding to the positive impact.

Seasonal gains in the Healthy Behavior Index are expected to continue providing buoyancy through the summer months. Another bonus for well-being during the spring and summer is the lessening of seasonal influences of cold, flu and headache and the Physical Health Index reflects this with a significant upturn of 0.4 points in April.

To download the full April 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.