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Gallup and Healthways Release November U.S. Well-Being Report

*Well-Being Index Stands Near Record High as Holidays Approach;
More Americans Report Higher Emotional, Physical Well-Being in November*

WASHINGTON, D.C. & NASHVILLE, Tenn. – Dec. 10, 2009 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for November 2009.

Well-being in the U.S., as measured by the Gallup-Healthways Well-Being Index™ (WBI), resumed its upward climb in November, following two straight months of moderate declines. The WBI rose 0.2 percentage points last month to a score of 66.7, just 0.3 percentage points shy of the record high score of 67.0 recorded in February 2008 and August 2009.

The gain was primarily driven by statistically significant increases of 0.7 percentage points in two of the WBI's key Sub-Indices, Emotional Health and Physical Health.

The WBI's Work Environment Sub-Index, a measure of the satisfaction of Americans on the job, was up slightly last month to 48.7, after falling to that measure's lowest recorded score of 48.1 in October. The other Sub-Indices that comprise the WBI – Life Evaluation, Healthy Behavior and Basic Access – experienced only modest changes in November.

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit www.well-beingindex.com.

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

To view in-depth well-being reports for all 50 U.S. states, 435 congressional districts and the District of Columbia, please visit www.ahip.org.

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