



## MEDIA ADVISORY

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### **Gallup and Healthways Release May U.S. Well-Being Report**

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#### ***America's Uptick in Well-Being Continues; Life Evaluation Reaches an All-Time High***

**WASHINGTON, D.C. & NASHVILLE, Tenn.** – June 11, 2009 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for May 2009.

The report shows both overall Well-Being and Life Evaluation continue upward trends begun in February of this year. Life Evaluation now stands at its highest level in the history of the Gallup-Healthways Well-Being Index™ (WBI), a sharp reversal of the precipitous plunge which began in August 2008. A clear majority of Americans are now considered Thriving under the WBI's classification scheme, and fewer Americans are struggling than at any point in the past year. The rise in Life Evaluation bodes well for those making predictions of an economic recovery in the near future.

While Well-Being in the U.S. is up significantly since December 2008, gains in Life Evaluation have been offset by declines in other WBI Sub-Indices: Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access.

Based on data from the groundbreaking WBI, one of the largest behavioral economic databases ever created, these reports provide linear, quantitative tracking of the well-being and quality of life of Americans, nationally, regionally and by select demographic groups over the next 24 years. The reports are published on the second Thursday of each month.

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 May 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](http://www.ahip.org).

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