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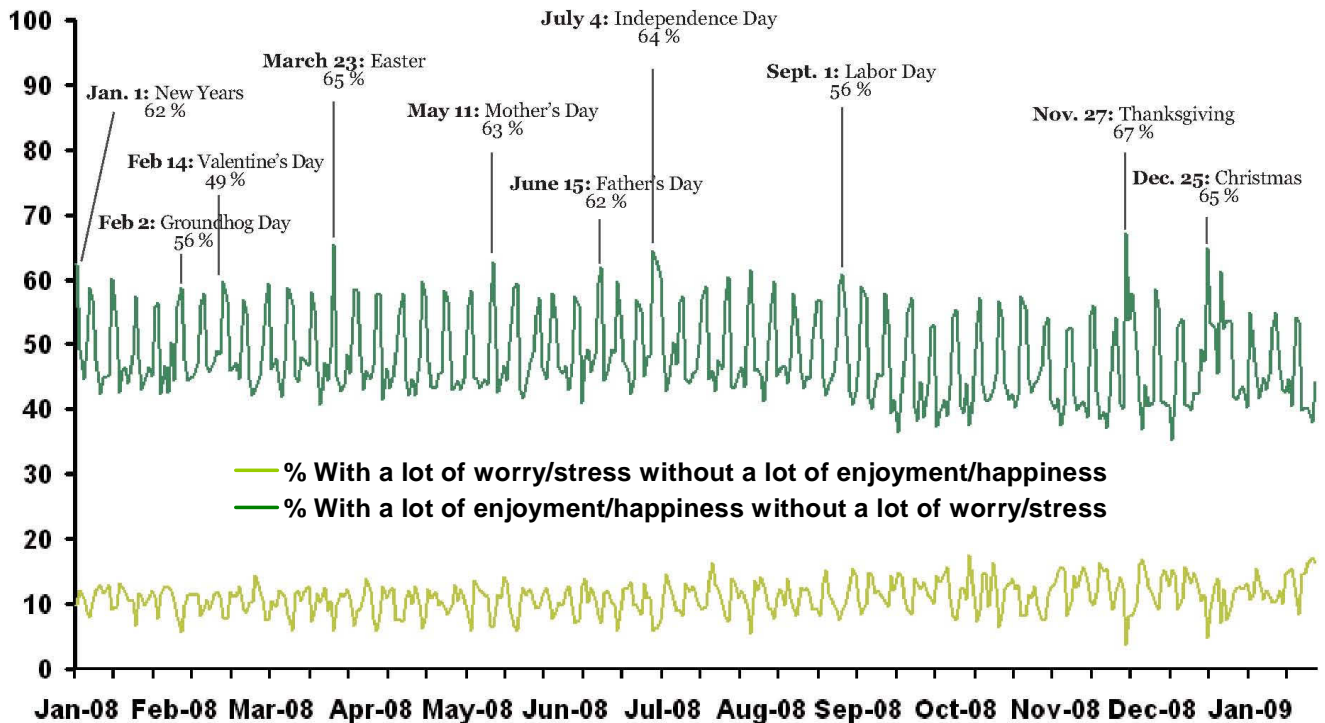
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**THIS VALENTINE’S DAY, REACH OUT TO YOUR LOVED ONES,  
 NOT JUST YOUR LOVER**

*Largest Survey of its Kind Reveals Time with  
 Family and Friends is a Key Driver of Higher Well-Being*

**NASHVILLE, Tenn. and WASHINGTON, D.C., February 12, 2009** – Valentine’s Day, the traditional celebration of love and romance, is also a great opportunity to reach out to friends and loved ones, according to data from the Gallup-Healthways Well-Being Index™ (WBI).

Major holidays, such as Thanksgiving, Easter and Christmas, were people’s happiest days in 2008, and weekends, too, were consistently happy days, as revealed by the Index’s mood measure.



The mood measure is based on the percentage of 1,000 nightly respondents to the Gallup-Healthways Well-Being Index who, reflecting on the day before, say they experienced a lot of happiness and enjoyment without a lot of stress and worry versus the percentage who say they experienced daily worry and stress far outweighing their happiness and enjoyment.

“The mood measure can fluctuate significantly from day to day. Weekends and holidays, as you would expect, tend to be happier times than weekdays,” said James K. Harter, Ph.D., Gallup’s Chief Scientist for Workplace Management and Well-Being. “Overall, the best predictors of good versus bad days are the amount of social time spent with family or friends and a feeling of being well rested.”

Because social time and rest contribute significantly to daily mood, to make your family and friends happier this Valentine’s Day, you should try to spend more time with them. But don’t expect the resulting happy feelings to last. Many other factors come into play when Americans are asked to more broadly characterize their well-being and life circumstances, such as economics, good health, healthy behaviors and a positive work environment.

With just 49 percent of Americans reporting a lot of happiness on Feb. 14, 2008, Valentine’s Day last year was just a run of the mill week day in terms of mood. Compared with other major holidays throughout the year, Valentine’s Day ranked a mediocre 14<sup>th</sup>, trailing Groundhog Day, within the same month, by a full seven percentage points.

With more than 400,000 surveys completed since its launch on Jan. 2, 2008, the Gallup-Healthways Well-Being Index is the most comprehensive measure of individual and collective well-being ever undertaken. Key findings include overwhelming confirmation of the importance of social time. People with effective social support report lower stress levels than those without social support. As a result, they have a higher sense of well-being, report less worry over finances and are more satisfied with their current and perceived future standard of living.

### **About the Gallup-Healthways Well-Being Index**

The Gallup-Healthways Well-Being Index tracks the well-being of U.S. residents every day, with the goal of providing the world's most up-to-date measure of individual and collective health and well-being. For this survey, Gallup is interviewing no fewer than 1,000 U.S. adults nationwide each day for a period of 25 years. The large scale of the study allows for comparisons of well-being across days, regions, states, ZIP Codes, and climate zones over time -- as well as comparisons with Gallup surveys of well-being in more than 140 countries worldwide. Perhaps most importantly, these measures provide a valuable tool to all policy-makers, business leaders, and healthcare providers engaged in improving the health and well-being of their constituencies. For more information, please visit: [www.well-beingindex.com](http://www.well-beingindex.com).

## **About Healthways**

Healthways (NASDAQ: HWAY) is the leading provider of specialized, comprehensive solutions to help millions of people maintain or improve their health and well-being and, as a result, reduce overall costs. Healthways' solutions are designed to help healthy individuals stay healthy, mitigate and slow the progression of disease associated with family or lifestyle risk factors and promote the best possible health for those already affected by disease. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit [www.healthways.com](http://www.healthways.com).

## **About Gallup**

Gallup has studied human nature and behavior for more than 70 years. Gallup's reputation for delivering relevant, timely, and visionary research on what people around the world think and feel is the cornerstone of the organization. Gallup employs many of the world's leading scientists in management, economics, psychology, and sociology, and our consultants assist leaders in identifying and monitoring behavioral economic indicators worldwide. Gallup consultants also help organizations boost organic growth by increasing customer engagement and maximizing employee productivity through measurement tools, coursework, and strategic advisory services. Gallup's 2,000 professionals deliver services at client organizations, through the Web, at Gallup University's campuses, and in 40 offices around the world. For more information go to [www.gallup.com](http://www.gallup.com).