



HEALTHWAYS



Physicians
Health Choice

For Health.
For Wellness.
For Life.

HEALTHWAYS TO PROVIDE SILVERSNEAKERS FITNESS PROGRAM TO PHYSICIANS HEALTH CHOICE MEMBERS IN FOUR STATES

NASHVILLE, Tenn. – Nov. 24, 2009 – Healthways, Inc. (NASDAQ: HWAY) and Physicians Health Choice today announced an agreement to provide the Healthways SilverSneakers® Fitness Program, the nation's leading exercise program for older adults, to eligible Physicians Health Choice plan members in Texas, Florida, New Mexico and Arkansas beginning in January 2010.

SilverSneakers, the award-winning fitness program offering an innovative blend of physical activity, healthy lifestyle direction and social opportunities, helps Medicare-eligible individuals take greater control of their health and maintain an active, independent lifestyle. Studies have found older adults who participate in SilverSneakers are admitted to the hospital less often, have lower overall healthcare costs and a significantly lower risk of depression.

"Today, it is more important than ever for our nation to focus on promoting wellness and prevention at any age," said Ben R. Leedle, Jr., chief executive officer of Healthways. "Our agreement with Physicians Health Choice will expand well-being services and improve the health of thousands of people throughout the South."

With the SilverSneakers premier network, Physicians Health Choice members will receive access to a variety of participating fitness and wellness locations. Many sites offer amenities such as fitness equipment, treadmills and free weights, in addition to the signature SilverSneakers Fitness Program classes designed specifically for older adults and taught by certified instructors. Signature classes, such as YogaStretch and SilverSplash® may also be available at select locations. A designated staff member will assist members along the way.

"Physicians Health Choice is dedicated to providing benefits, such as SilverSneakers, that help keep our members healthy," Dr. Robert Grossman said. "SilverSneakers provides a proven system for helping older adults get fit, have fun and make friends, and we encourage our members to take advantage of this unique benefit."

Safe Harbor Provisions

This press release contains forward-looking statements, including our guidance and financial expectations for future periods, which are based upon current expectations and involve a number of risks and uncertainties. Those forward-looking statements include all statements that are not historical statements of fact and those regarding the intent, belief or expectations of the Company, including, without limitation, all statements regarding the Company's future earnings and results of operations. In order for the Company to utilize the "safe harbor" provisions of the Private Securities Litigation Reform Act of 1995, investors are hereby cautioned that certain factors may affect these forward-looking statements, including those described in Healthways' Annual Report on Form 10-K for the fiscal year ended August 31, 2008 and Healthways' Quarterly Report on Form 10-Q for the quarter ended June 30, 2009. The Company undertakes no obligation to update or revise any such forward-looking statements.

About Physicians Health Choice

A physician-owned company, Physicians Health Choice is contracted with the Centers for Medicare & Medicaid Services (CMS) to provide Medicare Advantage health plans to meet the needs of those eligible for Medicare. Headquartered in San Antonio, Texas, Physicians Health

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Choice began operations in 2005 as a subsidiary of WellMed Medical Management, Inc.- a medical management company based in San Antonio, Texas with more than 18 years of experience providing the highest quality care to over 83,000 older adults in San Antonio and Austin, Texas and along Florida's Treasure Coast.

Today, Physicians Health Choice offers more than 30 Medicare Advantage health plans to more than 19,000 members across the southern US- including Austin, Corpus Christi, El Paso and the Rio Grande Valley in Texas; Las Cruces and Alamogordo, New Mexico; Little Rock, Arkansas and Ft. Lauderdale, Florida.

About Healthways

Healthways 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 to 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 and a national Fitness Center 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.

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