



Curves®

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CURVES® INTERNATIONAL AND HEALTHWAYS SILVERSNEAKERS® FITNESS PROGRAM ANNOUNCE PARTNERSHIP

Agreement will expand network available to millions of older adults

NASHVILLE, Tenn. – Dec. 9, 2008 – Healthways, Inc. (NASDAQ: HWAY) and Curves® International, Inc., the world's largest fitness club franchisor, announced a strategic partnership today that will bring the award-winning Healthways SilverSneakers® Fitness Program to 6,500 Curves locations in 50 states beginning Jan. 1, 2009. The agreement more than triples the total number of SilverSneakers participating locations to nearly 10,000.

"Physical activity is a proven method of preventing or improving chronic illness," said Rene Ellington, Healthways Senior Vice President. "Through our partnership with Curves, we will provide older adults with convenient access to the exercise they need and opportunities to meet new friends and have fun."

SilverSneakers, designed for Medicare-eligible individuals, offers physical activity, health education and social events. Recent studies funded by the Centers for Disease Control and Prevention demonstrate that the program is successful in reducing the health care costs of participants and significantly and positively impacts the health of older adults with diabetes and depression.

"The research linking obesity to all types of disease is overwhelming, and your risks increase as you age," said Curves founder Diane Heavin. "Curves is thrilled to help SilverSneakers members maintain a healthy weight, exercise regularly and eat healthfully—three of the most significant things you can do to move away from disease."

To fit the varying needs of members, the SilverSneakers premier network provides participants with a complimentary membership to a wide variety of participating locations throughout the country. Many sites offer amenities such as fitness equipment, treadmills, free weights and the signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors. Additional signature classes, such as YogaStretch, SilverSplash®, CardioFit and WeightCircuit, may be available at select locations.

Now, with the addition of Curves to the SilverSneakers network, members will have access to a gender-specific, circuit-style workout option as well. Curves will provide guidance to SilverSneakers female members on using strength training and cardiovascular-conditioning equipment, as well as other membership privileges, such as nutritional counseling and access to social and community activities.

Safe Harbor Provisions

This press release contains forward-looking statements that are based upon current expectations and involve a number of risks and uncertainties. In order for Healthways to utilize the "safe harbor" provisions of the Private Securities Litigation Reform Act of 1995, investors are hereby cautioned that these statements may be affected by the important factors, among others, included in the discussion in Part I, Item 1A, and Part II, Item 7, of Healthways' Annual Report on Form 10-K for the fiscal year ended August 31, 2008, and other reports filed with the Securities and Exchange Commission. Consequently, actual operations and results may differ materially from those expressed in these forward-looking statements. Healthways undertakes no obligation to update or revise any such forward-looking statements.

About Curves

Curves works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scientifically proven method that ends the need for perpetual dieting. Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to over 4 million women. With more than 10,000 locations in dozens of countries, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com or www.curvescomplete.com.

About Healthways

Healthways, Inc. is the leading provider of specialized, comprehensive Health and Care SupportSM solutions to help millions of people maintain or improve their health and, as a result, reduce overall health care 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 health care system. For more information, please visit www.healthways.com. SilverSneakers is offered to nearly 5 million eligible beneficiaries. To find out if you are eligible for the SilverSneakers Fitness Program, please contact your health plan. For more information on the program, call toll-free 1.888.423.4632 or visit our website at www.silversneakers.com.

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