



HEALTHWAYS

FOR IMMEDIATE RELEASE

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HEALTHWAYS, AVMED HEALTH PLANS ANNOUNCE PARTNERSHIP TO PROVIDE HEALTHWAYS' CARE SUPPORT SERVICES TO AVMED MEMBERS

NASHVILLE, TN. – Jan. 29, 2008 – Healthways, Inc. (NASDAQ: HWAY) and AvMed Health Plans today announced they will collaborate to deliver Healthways' industry-leading support to the health plan's chronically ill members. Under the agreement, Healthways will provide Care SupportSM programs to AvMed's commercial, Medicare and self-insured members living with diabetes, heart failure, coronary artery disease, chronic obstructive pulmonary disease and asthma. Healthways' market-leading Impact Conditions program is also included under the agreement.

"AvMed is committed to our mission of improving the health of our members, which is achieved by creating a system of healthcare services that allows our members to live to their fullest potential. We believe Healthways' Care Support services will become an integral part of that mission," said AvMed Chief Medical Officer, Kirk Cianciolo, M.D. "By empowering people to take control of their health through focused, individualized interactions, Healthways has become the acknowledged leader in Care Support services, and we look forward to this collaboration."

The agreement, effective April 1, will make Healthways' Care Support services available to more than 240,000 AvMed members throughout Florida. In addition to Healthways' Care Support services, AvMed members currently have access to a range of licensed complementary and alternative medicine (CAM) providers through the Healthways CAM network, which is marketed by AvMed to members as American WholeHealth.

"AvMed Health Plans has a long history of providing Floridians with the best possible healthcare," said Healthways President and CEO Ben R. Leedle, Jr. "Healthways is proud to work in partnership with AvMed to improve the health of its members, while reducing costs for its customers."

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 end ended August 31, 2007, and Part I, Item 2 of Healthways' Quarterly Report on Form 10-Q for the quarter ended November 30, 2007. 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 AvMed Health Plans

AvMed Health Plans has been providing Floridians access to healthcare for over 35 years. AvMed offers health care coverage solutions for large and small businesses around the state, providing highly personalized service focused on improving the health of its members. Headquartered in Miami, Florida, AvMed has regional offices in Ft. Lauderdale, Orlando, Tampa, Gainesville and Jacksonville. Additionally, AvMed offers health care products to Medicare beneficiaries in Miami-Dade and Broward counties in South Florida. For more information, visit www.AvMed.org.

About Healthways

Healthways 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 healthcare 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.

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