



HEALTHWAYS



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## HEALTHWAYS AND MARATHON HEALTH SIGN AGREEMENT TO PROVIDE ONSITE SERVICES AT HEALTHWAYS HEADQUARTERS

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**NASHVILLE, Tenn. and BURLINGTON, Vt.** — August 10, 2009—Healthways, Inc. (NASDAQ:HWAY) and Marathon Health today announced an agreement under which Marathon Health will provide integrated, onsite health services for Healthways employees and spouses in the company's world headquarters in Nashville, Tennessee .

Marathon Health will implement and manage an onsite health center offering:

- Acute care
- Health coaching
- Health care advocacy
- Triage into services already provided to Healthways employees; and
- Health Engagement System™ technology platform

“Healthways is committed to exploring the effectiveness of different modalities, including onsite clinics,” said Ben R. Leedle, Jr., Healthways chief executive officer. “Marathon Health is an innovative partner willing to invest in measuring the improvement in outcomes afforded by a multi-modality offering. Marathon Health’s onsite solutions and technology platform further enhance Healthways’ Total Population Management strategy and delivery capabilities. We expect significant improvements in adherence to standards of care, reduction in excess utilization and overall improvements in the health and well-being of our workforce.”

“Healthways has long been known as a leader in the area of total population health management services,” said Charles D. Reuter, president of Marathon Health. “Our strategic business alliance with Healthways provides the most comprehensive delivery system for care, coaching and guidance with a ‘medical home’ in the workplace. Using our *Health Engagement System*™ technology platform with its integrated Personal Health Record for members and Electronic Medical Record for clinicians, we will advance a comprehensive solution establishing our personalized care centers as the core for our clients’ health and productivity-related services. We believe the onsite health center will confirm Healthways’ position as one of the best places to work due to the company’s commitment to the health and welfare of its employees.”

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The partnership leverages the core competencies of both organizations as they work collaboratively to identify and implement best practices to deliver improved health and well-being for Healthways' Nashville employees and spouses and other employers and organizations across the U.S. The Nashville health center will open in September 2009.

### **About Marathon Health**

Marathon Health offers a proven population health risk management model for helping employers reduce the total cost of healthcare. Our approach integrates the best practices of onsite primary care, health assessment with risk identification, coaching and advocacy, and disease and condition management for individuals with identifiable and controllable risk factors. Together, these services create a unique worksite health program. The Marathon Health solution produces superior results in terms of reducing the risk profile and preventable claim costs for the population, resulting in substantial Return on Investment for our clients

At Marathon Health, we support our unique onsite health services model with our Health Engagement System™ technology including our eHealth Portal with consumer medical content, interactive diet and fitness tools, and a personal health record, portable from carrier to carrier, and owned by the employee. Our technology is built around a sophisticated clinical decision support tool called Problem Knowledge Couplers, affording providers and patients alike with the information required for a complete problem oriented health record and a tailored plan of health management options for all risks and conditions.

For more information please visit [www.marathon-health.com](http://www.marathon-health.com)

### **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, 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).

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