



HEALTHWAYS



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**PROVIDENCE HEALTH PLAN TO OFFER HEALTHWAYS SILVERSNEAKERS®
FITNESS PROGRAM TO MEDICARE ADVANTAGE MEMBERS**

Agreement Brings Program Access to nearly 40,000 Eligible Members in OR and WA

RENTON, Wash., and NASHVILLE, Tenn. – Nov. 7, 2011 – In an effort to promote well-being and prevention to its older-adult members, Providence Health Plan (PHP) and Healthways (Nasdaq: HWAY), the leading well-being improvement company, have agreed to offer the award-winning SilverSneakers® Fitness Program to PHP's eligible Medicare Advantage members beginning January 1, 2012. SilverSneakers is the nation's leading exercise program designed to keep older adults healthy.

Eligible PHP subscribers can join the award-winning program at no additional cost and enjoy the "fitness, fun and friends" for which the acclaimed program is best known. SilverSneakers is designed exclusively for older adults, offering participants an innovative blend of physical activity, healthy lifestyle direction and social opportunities. The program is delivered through a network of fitness locations, a members-only website and an at-home solution.

"Providence Health Plan understands the importance of exercising throughout life," says Doug Dillon, director of Medicare and individual sales for PHP. "Physical exercise has been linked to better health as well as an overall sense of well-being. That's why it's important for individuals of all ages to find programs that fit their lifestyle. Programs such as Healthways SilverSneakers can help people do that."

Research has demonstrated SilverSneakers improves the health and well-being of participants through its unique combination of exercise and social support. Published studies have found individuals who participate in SilverSneakers have lower health claims costs and require fewer admissions to the hospital.¹ Members with diabetes who were active in SilverSneakers were admitted to the hospital less often, had lower inpatient care costs and had significant reduction in overall healthcare costs after only one year of participation.²

¹ http://www.cdc.gov/pcd/issues/2008/jan/07_0148.htm

² <http://care.diabetesjournals.org/content/31/8/1562.full>

“While regular exercise is a crucial component of healthy living for people of all ages, it is particularly effective in preventing or managing chronic diseases for older adults,” said Debbie James, vice president of the Healthways Fitness Division. “By offering SilverSneakers to its Medicare Advantage members, Providence is demonstrating a strong commitment to optimizing the health and well-being of its older adult members.”

SilverSneakers’ robust network provides eligible members with access to nearly 10,000 participating fitness and wellness facilities throughout the country. Many sites offer amenities such as exercise equipment, treadmills and free weights, and the signature SilverSneakers fitness class, Muscular Strength & Range of Movement, taught by certified instructors. Additional classes, such as YogaStretch and SilverSplash[®], are available at select locations.

About Providence Health Plan

Providence Health Plans provides health care coverage services to almost 400,000 adults and children in Oregon, Washington and Alaska. Providence focuses on improving the health of its members by creating access to high quality programs and preventive services. Providence is recognized for its excellent customer service and its top-rated benefit plans. Providence Health Plans is part of Providence Health & Services - Oregon, the state's largest network of health services and largest private employer. Visit www.providencehealthplan.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 or eliminate lifestyle risk factors that can lead to disease and optimize care for those with chronic illness. 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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