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For Immediate Release

UNITEDHEALTHCARE, HEALTHWAYS EXTEND SILVERSNEAKERS® RELATIONSHIP

Contract extension enables UnitedHealthcare to offer award-winning fitness program as a benefit of its Medicare Advantage plans through 2014

NASHVILLE, Tenn., and MINNETONKA, Minn. (Dec. 12, 2011) – UnitedHealthcare, a UnitedHealth Group (NYSE: UNH) company, has extended its relationship with Healthways (Nasdaq: HWAY) for three additional years, allowing the company to offer the nationally acclaimed¹ SilverSneakers® Fitness Program as a benefit of its Medicare Advantage plans through 2014.

SilverSneakers has been a popular offering among UnitedHealthcare's Medicare Advantage members in select plans since 2004. In 2012, SilverSneakers will be available to eligible members enrolled in select UnitedHealthcare Medicare Advantage plans in 35 states.

"SilverSneakers is an innovative program that makes a difference in the lives of our members by helping them stay fit and engaged in their communities," said Tom Paul, CEO of UnitedHealthcare Medicare & Retirement. "We're pleased to continue to offer this important benefit to our members in many areas, often for no additional cost to them."

With more than 9 million members enrolled in its portfolio of Medicare plans, UnitedHealthcare is the national leader in Medicare health and prescription drug plans by enrollment. Beneficiaries can learn more about UnitedHealthcare's 2012 Medicare offerings at www.UHCMedicareSolutions.com.

SilverSneakers is one of the nation's leading fitness solutions designed to keep older adults active and healthy. The SilverSneakers Fitness Program was founded in 1996 and serves 46 clients with more than 7.8 million eligible members. The Healthways national fitness center network offers convenient access to more than 14,000 participating fitness and wellness facilities nationwide.

¹ <http://www.silversneakers.com/LinkClick.aspx?fileticket=QTHIzC-8A9E%3d&tabid=84>

“Over our longstanding relationship with UnitedHealthcare, we continually have been impressed by its commitment to optimizing the quality of life and well-being of its members,” said Ben R. Leedle, Jr., Healthways president and chief executive officer. “By continuing to offer the SilverSneakers program to its Medicare Advantage members, UnitedHealthcare is again demonstrating its long-term commitment to solutions that change lives. It is evident that UnitedHealthcare is not only confident in the value of what we do and the results we’ve achieved, but also believes that together we will optimize its members’ health and well-being well into the future.”

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.

About UnitedHealthcare

UnitedHealthcare is dedicated to helping people nationwide live healthier lives by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. The company offers the full spectrum of health benefit programs for individuals, employers and Medicare and Medicaid beneficiaries, and contracts directly with more than 650,000 physicians and care professionals and 5,000 hospitals nationwide. UnitedHealthcare serves more than 38 million people and is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company.

The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

SilverSneakers® is a registered mark of Healthways, Inc. Consult a health care professional before beginning any exercise program.

The family of UnitedHealthcare® Medicare Solutions plans includes Part D Prescription Drug Plans, Medicare Supplement Insurance Plans and Medicare Advantage Plans featuring the UnitedHealthcare®, or AARP® brand names.

Plans are insured or covered by UnitedHealthcare Insurance Company or one of its affiliates, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor.

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