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**HealthFitness Announces New Employee Health Partnership with State of Nebraska**  
*WellnessOptions will provide state employees with health and wellness resources*

**MINNEAPOLIS (April 8, 2009)** – HealthFitness (NYSE Amex: FIT) today announced a partnership with the state of Nebraska to develop and administer a comprehensive health management program for more than 17,000 state employees.

Neb. Gov. Dave Heineman outlined the program at a press conference this week, making Nebraska one of the first states to offer workers a comprehensive plan for health insurance designed to encourage healthy lifestyles.

“We wanted to find a wellness plan and an insurance package that could help employees make choices that help them live a healthier life,” Gov. Heineman said. “We want to provide our workforce the opportunity to be healthier and better manage the health care they receive.”

Set to launch July 1, Nebraska’s WellnessOptions program will offer lower premiums and better coverage for certain screenings to eligible employees who complete a confidential health assessment. In subsequent years, state employees and their covered spouses who enroll in the WellnessOptions plan will receive lower insurance premiums when they complete the health assessment as well as participate in basic biometric screenings and coaching/education programs.

“HealthFitness is thrilled to partner with the state of Nebraska and help improve the health and well-being of their 17,000 public servants,” said Gregg O. Lehmann, president and CEO, HealthFitness. “We look forward to collaborating with the state and their employees to deliver measurable results with health improvement.”

For Nebraska’s WellnessOptions program, HealthFitness will provide health assessments, screenings, an eHealth portal, EMPOWERED™ Health Coaching and programs for condition management.

“WellnessOptions will have a strong focus on education and preventative care,” said Carlos Castillo, director of the Nebraska Department of Administrative Services. “Through this program, over time, we hope to slow the increase in health insurance rates for employees and the state.”

**About HealthFitness**

HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions to Fortune 500 companies, the health care industry and individual consumers. With 30-plus years of experience, HealthFitness partners with employers to effectively manage health care and productivity costs by improving individual health and well-being. HealthFitness provides a portfolio of solutions, including best-in-class integration, INSIGHT® Health Risk Assessments, screenings, EMPOWERED™ Health Coaching, and fitness facility design and management. For more information on HealthFitness, visit [www.hfit.com](http://www.hfit.com).

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