

LEEDLE BEN R JR  
Form 4  
August 27, 2012

# FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
LEEDLE BEN R JR

2. Issuer Name and Ticker or Trading Symbol  
HEALTHWAYS, INC [HWAY]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)

701 COOL SPRINGS BOULEVARD

08/23/2012

President and CEO

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

FRANKLIN, TN 37067

(City) (State) (Zip)

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	08/23/2012		M		132,095	A	\$ 7.24 250,842
Common Stock	08/23/2012		S <sup>(1)(2)</sup>		131,326	D	\$ 10.33 119,516 <sup>(3)</sup>
Common Stock	08/23/2012		S <sup>(1)(2)</sup>		769	D	\$ 11.12 118,747
Common Stock	08/24/2012		M		23,674	A	\$ 7.24 142,421
Common Stock	08/24/2012		S <sup>(1)(2)</sup>		23,674	D	\$ 10.08 118,747

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(4)

Common Stock	08/27/2012	M	44,231	A	\$ 7.24	162,978	D	
Common Stock						2,781	I	Held in 401(k)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474  
(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount Number Shares
Option to Buy	\$ 7.24	08/23/2012		M	132,095	08/27/2003 <sup>(5)</sup> 08/27/2012	Common Stock 132,095
Option to Buy	\$ 7.24	08/24/2012		M	23,674	08/27/2003 <sup>(5)</sup> 08/27/2012	Common Stock 23,674
Option to Buy	\$ 7.24	08/27/2012		M	44,231	08/27/2003 <sup>(5)</sup> 08/27/2012	Common Stock 44,231

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LEEDLE BEN R JR 701 COOL SPRINGS BOULEVARD FRANKLIN, TN 37067			President and CEO	

## Signatures

/s/ Alfred Lumsdaine, by power of attorney for Ben R. Leedle, Jr.

08/27/2012

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) All of the proceeds from the exercise and sale of these options will be utilized to cover the underlying exercise cost of all of the options herein as well as the related tax expenses.
- (2) The sale reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan.  
This transaction was executed in multiple trades at prices ranging from \$10.01 to \$10.99. The price reported above reflects the  
(3) weighted-average price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transactions were effected.  
This transaction was executed in multiple trades at prices ranging from \$9.95 to \$10.27. The price reported above reflects the  
(4) weighted-average price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transactions were effected.
- (5) Option vested 25% per year beginning on 8/27/2003.
- (6) Information in this column is left blank because the transaction represents the conversion of a security.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.