

HEALTHWAYS, INC
Form 4
July 18, 2007

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
TAYLOR DONALD B

(Last) (First) (Middle)

3841 GREEN HILLS VILLAGE DR

(Street)

NASHVILLE, TN 37215

(City) (State) (Zip)

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

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

07/16/2007

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

EVP Sales and Marketing

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	07/16/2007		M		40,000 A \$ 7.24	40,000	D
Common Stock	07/16/2007		M		100,000 A \$ 12.57	140,000	D
Common Stock	07/16/2007		M		37,500 A \$ 17.51	177,500	D
Common Stock	07/16/2007		M		50,000 A \$ 20.91	227,500	D
Common Stock	07/16/2007		S		50,000 D \$ 47.95	177,500	D

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Common Stock	07/16/2007	S	100,000	D	\$ 47.96	77,500	D	
Common Stock	07/16/2007	S	77,500	D	\$ 47.97	0	D	
Common Stock						362	I	Held in 401(k) Plan

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 of Shares
Option to Buy	\$ 7.24	07/16/2007		M	40,000	08/27/2003 ⁽¹⁾	08/27/2012	Common Stock	40,000
Option to Buy	\$ 17.51	07/16/2007		M	37,500	08/27/2004 ⁽²⁾	08/27/2013	Common Stock	37,500
Option to Buy	\$ 12.57	07/16/2007		M	100,000	02/11/2003 ⁽³⁾	02/11/2012	Common Stock	100,000
Option to Buy	\$ 20.91	07/16/2007		M	50,000	11/17/2004 ⁽⁴⁾	11/17/2013	Common Stock	50,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
TAYLOR DONALD B 3841 GREEN HILLS VILLAGE DR NASHVILLE, TN 37215			EVP Sales and Marketing	

Signatures

/s/ Donald B.
Taylor

07/18/2007

__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) Options vest 25% beginning on 8/27/2003.
- (2) Options vest 25% beginning on 8/27/2004.
- (3) Options vest 25% beginning on 2/11/2003.
- (4) Options vest 25% beginning on 11/17/2004.

(5) 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.

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