



CONTACT:

Brad Robideau
952-897-5262
brad.robideau@hfit.com

HealthFitness' HRA Fully Compliant with Genetic Information Nondiscrimination Act of 2008

Minneapolis, MN - (November 23, 2009) – Health Fitness Corporation (NYSE Amex: FIT), a leading provider of integrated employee health and productivity management solutions, announced that its INSIGHT® Health Risk Assessment (HRA) fully complies with the Genetic Information Nondiscrimination Act of 2008 (GINA).

The INSIGHT HRA is a science-based analysis of participant health, lifestyle behaviors, health history, and risk factors for disease. In addition to biometric measures such as weight, height, blood pressure, blood cholesterol levels, and blood glucose, the INSIGHT HRA also includes measures for productivity, perceived health, job and life satisfaction, and safety.

GINA prohibits discrimination based on genetic information in health insurance coverage and group health plans. Under regulations implementing Title I of GINA published on October 7, 2009, wellness programs that provide rewards for completing HRAs that request genetic information, including family medical history, violate GINA's prohibition against requesting genetic information for underwriting purposes. The regulations are effective for group health plans on or after December 7, 2009.

In full compliance with the regulations, HealthFitness' INSIGHT HRA does not contain any questions linked to family history and includes an HRA "Use and Disclosure of Your Information" waiver to be completed prior to the completion of the HRA. The waiver will appear before completion of the HRA and includes terms instructing participants not to provide any genetic information. These specific terms will be clearly legible in capitalized letters and in bold font.

About HealthFitness

HealthFitness is a leading provider of integrated employee health improvement services 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 health and fitness management 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.

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