

News Release

Hooper Holmes Highlights Recent Appointment of Foreman and Daoust to Board of Directors

- *James K. Foreman and Paul Daoust, two leading healthcare experts, augment strength of board.*

OLATHE, Kan. and EAST GREENWICH, R.I. - June 1, 2017 - Hooper Holmes, Inc. (OTCQX:HPHW), the largest publicly traded pure-play well-being provider in the United States, is pleased to announce two industry leaders from the fields of insurance, human resource consulting and technology, James K. Foreman and Paul Daoust, who joined its board of directors on May 11, 2017, upon closing of Hooper Holmes' merger with Provant Health Solutions.

"We are immensely pleased to have Jim and Paul join our board. Their deep experience and strategic insights into our industry bring significant value to our company as we accelerate our growth and transform the well-being ecosphere," said Henry Dubois, CEO of Hooper Holmes. "They are highly influential leaders who bring strong knowledge of the healthcare industry and a passion for innovation."

Foreman stated: "I am excited to join the board. Over the past 30 years, I have explored how to best bring proactive healthcare to individuals, and firmly believe that workplace well-being is the most effective delivery system for sustainable healthy lifestyles. The recent merger of Hooper Holmes and Provant brings best-in-class products and flexible, strategic options to all industries across the U.S. I'm eager to work with the other board members and the management team to bring enhanced total health and high performance to employees and employers alike."

Foreman currently serves as senior advisor at Lightyear Capital and Century Equity Partners. He spent three decades as a Consultant and Senior Executive and served on the Executive Committee of Aetna, Towers Perrin, Towers Watson and Willis Towers Watson where he also led the Exchange Solutions Segment which included the acquisitions of Extend and Liaison. At

Aetna, Foreman served as the executive vice president of National Accounts, Global Benefits, Group Insurance and Government, Labor and Medicaid where he managed a \$13.1B P&L and over 11,000 associates.

Foreman has served on numerous boards, including for the Joffrey Ballet and the Employee Benefits Research Institute and was recently appointed to the board of directors for ConsumerMedical.

Daoust commented: "I am thrilled to join the Hooper Holmes' board at such an exciting time in its history. With Hooper Holmes and Provant joining forces to lead the transformation of well-being delivery and consumer engagement, the company is poised to achieve increased scale and richer products offerings. I look forward to collaborating with the other board members and excellent leadership team to advance strategic, personalized solutions that make real differences in people's lives and in organizations' successes."

Daoust also has extensive experience in the human resources consulting, technology and insurance industries, as well as with publicly-traded corporations. He currently sits on the board of directors for Caldwell Partners (TSX: CWL), Advantia Health, DirectPath Health and served on the board of Provant at the time of the merger. His executive experience includes serving as COO of Watson Wyatt (now Willis Towers Watson) and CEO of Highroads, Inc., Salary.com (NYSE: SLRY) and GRX Technologies.

For more information on how the combined organization can inspire your people and organization by driving an engaged population and outcomes tied to your culture, visit www.provanthealth.com or www.hooperholmes.com.

About Hooper Holmes

Hooper Holmes mobilizes a national network of health professionals to provide on-site health screenings, laboratory testing, risk assessment and sample collection services to wellness and disease management companies, employers and brokers, government organizations and academic institutions nationwide. Under the Accountable Health Solutions brand, the company combines smart technology, healthcare and behavior change expertise to offer comprehensive

health and wellness programs that improve health, increase efficiencies and reduce healthcare delivery costs.

About Provant

Provant, wholly-owned subsidiary of Hooper Holmes, is a leader of comprehensive workplace well-being solutions in North America, with a growing global presence. Founded in 2001, Provant partners with employers to improve employee health and productivity while supporting healthcare cost management. Through the combined network of 20,000-plus health professionals, Provant touches millions of lives by delivering customized well-being strategies and services on-site, telephonically and digitally utilizing advanced data management.

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including, without limitation the factors discussed in the “Risk Factors” section of the company’s Annual Report on Form 10-K for the year ended December 31, 2016, as the same may be updated from time-to-time in subsequent filings with the Securities and Exchange Commission. Any forward-looking statement made in this press release speaks only as of the date hereof, and the Company has no obligation, and does not intend, to update any forward-looking statements after the date hereof, except as required by federal securities laws.

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