



Hooper Holmes Announces Quarterly Cash Dividend

BASKING RIDGE, N.J., Feb 3, 2005 -- Hooper Holmes, Inc. (HH) today announced that its Board of Directors declared a quarterly cash dividend of \$0.015 per share, payable on Friday, February 25, 2005 to all shareholders of record on Friday, February 11, 2005.

Hooper Holmes provides outsourced risk assessment services, including underwriting and claims information to the life, health, automobile, and workers' compensation insurance industries. The Company provides these health information services through over 275 locations nationwide and in the United Kingdom.

Contact:

Hooper Holmes, Inc.

Fred Lash, Chief Financial Officer

+1-908-766-5000

Investors: Lanie Marcus

or Media: Sean Leous, both of Financial Dynamics

+1-212-850-5600