



NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the First Quarter Ended March 31, 2020

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BALTIMORE, April 21, 2020 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading manufacturer and distributor of clinically proven programs and healthy living products, will announce financial results for the first quarter ended March 31, 2020 on Tuesday, May 5, 2020, after market close. The Company will host a conference call to discuss these results with additional comments and details. Participants from the Company will be Dan Chard, Chief Executive Officer, and Joe Kelleman, Interim Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on May 5, 2020. The call will be broadcast live over the Internet hosted at the Investor Relations section of Medifast's website at www.MedifastInc.com, and will be archived online through May 19, 2020. In addition, listeners may dial (855) 560-2579.

A telephonic playback will be available from 6:30 p.m. ET, May 5, 2020, through May 12, 2020. Participants can dial (877) 344-7529 to hear the playback and enter passcode 10143084.

About Medifast:

Medifast (NYSE: MED) is the company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, which offers Lifelong Transformation, One Healthy Habit at a Time®. Based on nearly 40 years of experience, Medifast has redefined direct selling by combining the best aspects of the model. Its community of thousands of independent **OPTAVIA** Coaches teach Clients to develop holistic healthy habits through products and clinically proven plans, the Habits of Health® Transformational System and comprehensive support from a community of like-minded people. In 2019, Medifast expanded the **OPTAVIA** movement globally,

beginning with the Asia-Pacific region. Medifast is traded on the New York Stock Exchange and was named to **Fortune's 100 Fastest-Growing Companies list in 2019** and **Forbes' 100 Most Trustworthy Companies in America list in 2016 and 2017**. For more information, visit www.MedifastInc.com or www.OPTAVIA.com.

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