



NEWS RELEASE

# Medifast, Inc. to Announce Financial Results for the Fourth Quarter and Fiscal Year Ended December 31, 2015

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OWINGS MILLS, Md., Feb. 16, 2016 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, will announce financial results for the fourth quarter and fiscal year ended December 31, 2015 on Thursday, March 10, 2016, 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 Michael C. MacDonald, Executive Chairman and Chief Executive Officer, Timothy Robinson, Chief Financial Officer, and Margaret Sheetz, President and Chief Operating Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on March 10, 2016. The call will be broadcast live over the Internet hosted at the Investor Relations section of Medifast's website at [www.MedifastNow.com](http://www.MedifastNow.com), and will be archived online through March 24, 2016. In addition, listeners may dial (855) 560-2579.

A telephonic playback will be available from 7:30 p.m. ET, March 10, 2016, through March 24, 2016. Participants can dial (877) 344-7529 to hear the playback and enter passcode 10081157.

### About **Medifast®**:

**Medifast** (NYSE: MED) is the leading easy-to-use, clinically proven provider of weight-loss and healthy living products and programs. Medifast aims to help customers lead a healthier lifestyle through a holistic approach to weight-loss and weight management, nutrition education and fitness. Medifast's proven results are based on the use of structured meal plans featuring Medifast Meals, which are nutritionally designed to assist customers with successful weight-loss and weight management. The company sells its products and programs via four unique distribution channels: 1) the web and national call centers, 2) the **Take Shape For Life®** personal coaching division, 3) **Medifast** Weight Control Centers®, and 4) a national network of physicians. **Medifast** was founded in 1980 and is located in Owings Mills, Maryland. For more information, log onto [www.MedifastNow.com](http://www.MedifastNow.com).

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