



NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the Fourth Quarter and Full Year Ended December 31, 2018

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BALTIMORE, Feb. 12, 2019 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading manufacturer and distributor of clinically proven, healthy living products and programs, will announce financial results for the fourth quarter and full year ended December 31, 2018 on Tuesday, February 26, 2019, 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 Tim Robinson, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on February 26, 2019. 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 March 12, 2019. In addition, listeners may dial (855) 560-2579.

A telephonic playback will be available from 6:30 p.m. ET, February 26, 2019, through March 5, 2019. Participants can dial (877) 344-7529 to hear the playback and enter passcode 10128715.

About Medifast®:

Medifast (NYSE: MED) is a leading manufacturer and distributor of clinically proven, healthy living products and programs. The brand has been recommended by more than 20,000 doctors since its founding. Its integrated coach model leverages nearly 40 years of experience from medical, franchise, e-commerce, and direct selling channels. Medifast and its community of independent OPTAVIA Coaches embrace the future of wellness with a shared vision

to offer the world lifelong transformation, one healthy habit at a time™. OPTAVIA® is represented by a community of OPTAVIA Coaches who teach Clients healthy habits, while offering support and guidance on their transformation journey. In 2018, Medifast announced it will expand into the Asia-Pacific markets of Hong Kong and Singapore in 2019 with its integrated coach model. Medifast is traded on the New York Stock Exchange and was named to 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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