NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the Second Quarter Ended June 30, 2017

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OWINGS MILLS, Md., July 18, 2017 /**PRNewswire**/ -- Medifast, Inc. (NYSE: MED), a leading provider of clinically studied healthy living products and programs, will announce financial results for the second quarter ended June 30, 2017 on Tuesday, August 8, 2017, 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 Daniel R. Chard, Chief Executive Officer, and Timothy Robinson, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on August 8, 2017. The call will be broadcast live over the Internet hosted at the Investor Relations section of Medifast's website at **www.MedifastNow.com**, and will be archived online through August 22, 2017. In addition, listeners may dial (855) 560-2579.

A telephonic playback will be available from 6:30 p.m. ET, August 8, 2017, through August 15, 2017. Participants can dial (877) 344-7529 to hear the playback and enter passcode 10110807.

About Medifast®:

Medifast (NYSE: MED) is a leading provider of clinically studied healthy living products and programs. It partners with Take Shape For Life® Health Coaches to help its Clients achieve Optimal Wellbeing through a proven weight management and Habits of Health system. Medifast was founded in 1980 in Owings Mills, Maryland and is the brand recommended by more than 20,000 Doctors since 1980. The company was named to Forbes' 100 Most Trustworthy Companies in America List in 2016 and 2017. For more information, visit **www.MedifastNow.com**.

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