



NEWS RELEASE

## Medifast, Inc. to Participate in the 18th Annual ICR Conference

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OWINGS MILLS, Md., Jan. 4, 2016 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, announced today that Meg Sheetz, President and Chief Operating Officer, and Timothy Robinson, Chief Financial Officer, will present at the 18<sup>th</sup> Annual ICR Conference on Wednesday, January 13, 2016 in Orlando, FL.

The presentation is scheduled to begin at 8:30 am ET. The presentation 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 Wednesday, January 27, 2016.

## About Medifast

Medifast, Inc. (NYSE: MED) is a leading United States manufacturer and provider of clinically proven and easy-to-use weight-loss and weight-maintenance products and programs. 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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