



NEWS RELEASE

Medifast, Inc. to Participate in the 19th Annual ICR Conference

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OWINGS MILLS, Md., Jan. 3, 2017 /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 Daniel R. Chard, Chief Executive Officer, and Timothy Robinson, Chief Financial Officer, will present at the 19th Annual ICR Conference on Tuesday, January 10, 2017 in Orlando, FL.

The presentation is scheduled to begin at 12:00 p.m. ET. The presentation 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 Tuesday, January 24, 2017.

About Medifast®:

Medifast (NYSE: MED) is the leading easy-to-use provider of clinically proven 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.

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