



NEWS RELEASE

Medifast, Inc. to Participate in the 20th Annual ICR Conference

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OWINGS MILLS, Md., Dec. 21, 2017 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading manufacturer and distributor of clinically proven healthy living products and programs, announced today that Daniel R. Chard, Chief Executive Officer, and Timothy Robinson, Chief Financial Officer, will present at the 20th Annual ICR Conference on Tuesday, January 9, 2018 in Orlando, FL.

The presentation is scheduled to begin at 8:30 a.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 23, 2018.

About Medifast®:

Medifast (NYSE: MED) is a leading manufacturer and distributor of clinically proven healthy living products and programs. It was founded in 1980 and is the brand recommended by more than 20,000 Doctors. In 2016, the company announced **OPTAVIA®**, an exclusive brand and product line sold through its community of independent Coaches who offer support and guidance to their Clients. In partnership with **OPTAVIA Coaches™**, franchise partners, and its Scientific Advisory Board, Medifast offers comprehensive wellness products and programs that focus on creating sustainable change by helping people learn to incorporate healthy habits into their lives. 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.MedifastNow.com or www.OPTAVIA.com.

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