



NEWS RELEASE

## Medifast, Inc. to Present at the 22nd Annual ICR Conference

2020-01-06

BALTIMORE, Jan. 6, 2020 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), the company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, which offers Lifelong Transformation, One Healthy Habit at a Time®, announced today that Dan Chard, Chief Executive Officer, and Tim Robinson, Chief Financial Officer, will present at the 22<sup>nd</sup> Annual ICR Conference on Monday, January 13, 2020 in Orlando, FL.

The presentation is scheduled to begin at 1:00 p.m. ET. The presentation will be broadcast live over the Internet hosted at the Investor Relations section of Medifast's website at [www.MedifastInc.com](http://www.MedifastInc.com), and will be archived online through Monday, January 27, 2020.

### About **Medifast®**:

Medifast (NYSE: MED) is the company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, which offers Lifelong Transformation, One Healthy Habit at a Time®. Based on nearly 40 years of experience, Medifast has redefined direct selling by combining the best aspects of the model. Its community of thousands of independent **OPTAVIA** Coaches teach Clients to develop holistic healthy habits through products and clinically proven plans, the Habits of Health® Transformational System and comprehensive support from a community of like-minded people. In 2019, Medifast expanded the **OPTAVIA** movement globally, beginning with the Asia-Pacific region. Medifast is traded on the New York Stock Exchange and was named to **Fortune's 100 Fastest-Growing Companies list in 2019** and **Forbes' 100 Most Trustworthy Companies in America list in 2016 and 2017**. For more information, visit [www.MedifastInc.com](http://www.MedifastInc.com) or [www.OPTAVIA.com](http://www.OPTAVIA.com).

MED-F

SOURCE Medifast, Inc.