



NEWS RELEASE

Medifast, Inc. to Present at the Jefferies Virtual Fitness & Wellness Summit

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BALTIMORE, Sept. 8, 2022 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), the global company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, announced today that Dan Chard, Chairman and Chief Executive Officer, and Jim Maloney, Chief Financial Officer, will meet with investors and participate in a fireside chat at the Jefferies Virtual Fitness & Wellness Summit, to be held September 12, 2022.

A webcast of the fireside chat will be available Monday, September 12, 2022 at 9:00am ET over the Internet hosted on the Investor Relations section of Medifast's website at www.MedifastInc.com, and will be archived for approximately 30 days.

About Medifast®: Medifast (NYSE: MED) is the global company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, which offers scientifically developed products, clinically proven plans and the support of independent OPTAVIA Coaches and a Community to help Customers achieve Lifelong Transformation, One Healthy Habit at a Time®. As the publicly traded market leader by revenue in the U.S. \$7 billion weight management industry, the company has impacted more than 2 million lives through its Community of OPTAVIA Coaches, who teach Customers how to develop holistic healthy habits through the proprietary Habits of Health® Transformational System. Medifast was recognized in 2022 as one of **America's Best Mid-Sized Companies by Forbes**, in 2020 and 2021 as one of **FORTUNE's 100 Fastest-Growing Companies** and was named to **Forbes' 100 Most Trustworthy Companies in America list in 2017**. For more information, visit MedifastInc.com or OPTAVIA.com and follow [@Medifast](https://twitter.com/Medifast) on Twitter.

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