



NEWS RELEASE

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

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BALTIMORE, Sept. 7, 2021 /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 present at the Jefferies Virtual Fitness & Wellness Summit on Wednesday, September 15, 2021 virtually.

The presentation is scheduled to begin at 11:00 a.m. ET. The presentation will be broadcast live over the Internet hosted on the Investor Relations section of Medifast's website at [www.MedifastInc.com](http://www.MedifastInc.com), and will be archived online through September 29, 2021.

### 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 Coaches and a Community to help Clients achieve Lifelong Transformation, One Healthy Habit at a Time®. Based on more than 40 years of experience, Medifast has redefined direct selling by combining the best aspects of the model. Its community of independent **OPTAVIA** Coaches has impacted 2 million lives and teaches Clients how to develop holistic healthy habits through the proprietary Habits of Health® Transformational System. Medifast is traded on the New York Stock Exchange and ranked second on **FORTUNE's 100 Fastest-Growing Companies list in 2020**. The company was also named to **Forbes' 100 Most Trustworthy Companies in America list in 2017**. For more information, visit [MedifastInc.com](http://MedifastInc.com) or [OPTAVIA.com](http://OPTAVIA.com) and follow [@Medifast](https://twitter.com/Medifast) on Twitter.

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