



NEWS RELEASE

Medifast Named as One of The “Best Companies To Work For” by U.S. News & World Report

2024-06-17

BALTIMORE, June 17, 2024 — **Medifast** (NYSE: MED), the health and wellness company known for its habit-based and coach-guided lifestyle solution **OPTAVIA®**, today announced that it has been recognized in the 2024-2025 rankings by U.S. News & World Report as one of the nation’s “Best Companies to Work For” in the food and drink industry. This recognition marks Medifast’s second straight year of inclusion on the list and underscores the company’s ongoing commitment to creating an outstanding workplace culture and enhancing the lives of its employees and customers.

"Being recognized once again as a top workplace highlights the unique culture we have built at Medifast," said Dan Chard, Chairman and CEO of Medifast. "Over the past year, we have undergone a significant business transformation, and the resilience, dedication, and passion of our employees played a significant role in driving us forward. Their commitment to excellence and willingness to embrace change have not only contributed to our accomplishments but also allowed us to continue to inspire positive change in countless lives through our OPTAVIA program. This recognition serves as a testament to the remarkable contributions of our team members, whose unwavering dedication continues to shape our journey towards a healthier, brighter future for all."

Guided by a panel of experts, the rankings are determined by U.S. News & World Report editors who conduct an in-depth, multi-source analysis of Russell 3000 companies – an index that includes the largest 3,000 U.S. publicly traded companies – on six factors that are important to employee well-being:

- Quality of pay and benefits



- Work-life balance and flexibility
- Job and company stability
- Physical and psychological comfort
- Belongingness and esteem
- Career opportunities and professional development

“Our people are at the heart of everything we do, and our commitment goes beyond just offering a job – we strive to create an environment where every team member feels truly connected, empowered, and part of a larger mission,” said Claudia Greninger, Chief Human Resources Officer of Medifast. “It is this inclusive and supportive atmosphere that enables us to inspire transformation not just in our customers' lives, but in our own team as well. We believe that fostering a culture of growth and belonging is essential to achieving our mission and this recognition validates our efforts to build a workplace where everyone can bring their whole selves to work, innovate boldly, and make a significant impact every day.”

The complete U.S. News & World Report rankings, showcasing the best companies to work for across various industries, can be accessed at this [link](#).

About Medifast®:

Medifast (NYSE: MED) is the health and wellness company known for its habit-based and coach-guided lifestyle solution OPTAVIA®, which provides people with a simple yet comprehensive approach to address obesity and support a healthy lifestyle. OPTAVIA's holistic solution includes lifestyle plans with clinically proven health benefits, scientifically developed products, and a framework for habit creation – all reinforced by independent coach support for customers on their weight loss journeys. Through its collaboration with national virtual primary care provider LifeMD® (Nasdaq: LFMD) and its affiliated medical group, the holistic solution now includes access to GLP-1 medications where clinically appropriate. Medifast remains committed to its mission of offering Lifelong Transformation, Making a Healthy Lifestyle Second Nature™. Visit the **OPTAVIA** and **Medifast** websites for more information and follow Medifast on **X** and **LinkedIn**.

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