



NEWS RELEASE

# Medifast Named as One of the "Best Companies To Work For" by U.S. News & World Report

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BALTIMORE, Oct. 5, 2023 /PRNewswire/ -- **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 2023-2024 rankings by U.S. News & World Report as one of the nation's "**Best Companies to Work For**" in the food and drink industry.

"At Medifast, we are on a mission to provide the world lifelong transformation, one healthy habit at a time, and we achieve this by harnessing the incredible power of human connection," said Dan Chard, Chairman and CEO of Medifast. "Since the company's founding, we have been committed to building strong relationships and fostering a culture of community. Our employees are the driving force behind our success, and it is their partnership with our dedicated independent Coaches that has allowed OPTAVIA to impact more than three million lives. Together, we are changing lives, instilling healthy habits and paving the way for a brighter, healthier future."

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

From there, the editors compared each company to its peers in one of 20 broad industry groups, awarding "Best" status only to those companies that landed in the top 20%.

"Nurturing a strong, vibrant, caring culture where community and relationship building are at the heart of everything we do is what makes Medifast a special place to work," said Claudia Greninger, Chief Human Resources Officer of Medifast. "Our team members truly are one of our greatest assets, and as a best-in-class health and wellness company, we understand that delivering meaningful impact for our customers is only possible when we have a work environment where team members feel valued, supported and inspired to be their best selves. Only then can we continue to achieve remarkable milestones together."

#### 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 help them achieve lasting optimal health and wellbeing. OPTAVIA's lifestyle plans deliver clinically proven health benefits as well as evidence-based tools, including scientifically developed products and a framework for habit creation reinforced by independent Coaches and Community support. As a physician-founded company with a 40+ year history, Medifast is a leader in the U.S. weight management industry. The company continues to innovate and build upon its scientific and clinical heritage to fulfill its mission of offering the world Lifelong Transformation, One Healthy Habit at a Time®. Medifast was recognized in 2023 by Financial Times as one of **The Americas' Fastest Growing Companies** and in 2022 as one of **America's Best Mid-Sized Companies** by Forbes. For more information, visit **MedifastInc.com** and **OPTAVIA.com** and follow **@Medifast** on Twitter.

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