



NEWS RELEASE

Medifast®, Together With its Community of OPTAVIA Coaches™, Donate More Than \$60,000 to Hurricane Harvey Relief Efforts

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OWINGS MILLS, Md., Sept. 26, 2017 /PRNewswire/ -- **Medifast**, a leading manufacturer and distributor of clinically proven healthy living products and programs, today announced a donation of more than \$60,000 to the All Hands Volunteers non-profit organization in an effort to help ongoing relief efforts for communities devastated by Hurricane Harvey earlier this month. The company matched the donation of more than \$31,000, raised by its community of **OPTAVIA** Coaches, which will be used to support All Hands Volunteers as they help families recover from the disaster.

"We are committed to helping those impacted by Hurricane Harvey as they begin to rebuild," said Daniel Chard,

CEO of Medifast. "Joining forces with All Hands Volunteers allows us to rebuild not only homes and infrastructure, but also hope and confidence for families and communities across the great city of Houston."

Hurricane Harvey made landfall in August and battered the Houston area with record amounts of rainfall and winds leading to catastrophic damage and thousands of displaced people.

"Our thoughts and prayers are with those affected by Hurricane Harvey in communities across Houston, including our Clients and Coaches that were impacted" said Mona Ameli, President of OPTAVIA. "It's incredibly important during times of hardship like this that our OPTAVIA Coaches and Medifast can come together to make an impact and help those in need. That's the extraordinary power of unity and compassion, which form our culture."

"The support from Medifast and the OPTAVIA Coach community will help fuel our efforts to rebuild this amazing city of Houston in the months to come," said Heidi Dubreuil at All Hands Volunteers. "We are fortunate to have great partners throughout the country that want to help as much as we do."

For more information on how to get involved, or make a donation, please visit: www.hands.org

About Medifast®:

Medifast (NYSE: MED) is a leading manufacturer and distributor of clinically proven healthy living products and programs. It was founded in 1980 and is the brand recommended by more than 20,000 Doctors. In 2016, the company announced OPTAVIA®, an exclusive brand and product line sold through its community of independent Coaches who offer support and guidance to their Clients. In partnership with OPTAVIA Coaches™, franchise partners, and its Scientific Advisory Board, Medifast offers comprehensive wellness products and programs that focus on creating sustainable change by helping people learn to incorporate healthy habits into their lives. Medifast is traded on the New York Stock Exchange and was named to Forbes' 100 Most Trustworthy Companies in America List in 2016 and 2017. For more information, visit www.MedifastNow.com or www.OPTAVIA.com.

About All Hands Volunteers:

All Hands Volunteers is a U.S.-based, 501(c) 3 non-profit organization that addresses the immediate and long-term needs of communities impacted by natural disasters by engaging and leveraging volunteers, partner organizations and local communities. Our vision is to demonstrate the power and value of volunteer service through the tangible work done, the hope it brings to suffering communities and the transformative experiences it provides for volunteers. For more information, visit www.hands.org.

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