NEWS RELEASE

Medifast to Announce Financial Results for the First Quarter Ended March 31, 2024

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BALTIMORE—(BUSINESS WIRE)—**Medifast** (NYSE: MED), the health and wellness company known for its habit-based and Coach-guided lifestyle solution, **OPTAVIA®,** will announce financial results for the first quarter ended March 31, 2024 on Monday, April 29, 2024, after market close. The Company will host a conference call to discuss the results with additional comments and details. Company participants will be Dan Chard, Chairman and Chief Executive Officer, and Jim Maloney, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on April 29, 2024. The call will be broadcast live over the Internet, hosted on the Investor Relations section of Medifast's website at **www.MedifastInc.com** or directly at **https://viavid.webcasts.com/starthere.jsp?ei=1663236&tp_key=1b6e0e1efe**, and will be archived online and available through July 29, 2024. To join via telephone, listeners may dial (877) 451-6152.

A telephonic playback will be available from 8:30 p.m. ET, April 29, 2024, through May 6, 2024. Participants can dial (844) 512-2921 and enter access code 13745406 to hear the playback.

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. Through a collaboration with the national virtual primary care provider **LifeMD**, OPTAVIA customers have access to board-certified affiliated clinicians and medications, such as GLP-1s, that support treatment plans for obesity and other health conditions. 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 X.

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