



NEWS RELEASE

Medifast to Announce Financial Results for the First Quarter Ended March 31, 2026

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BALTIMORE--(BUSINESS WIRE)-- **Medifast** (NYSE: MED), the metabolic health and wellness company known for its science-backed, coach-guided lifestyle system, will announce financial results for the quarter ended March 31, 2026 on Monday, May 4, 2026, 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, Nick Johnson, President, and Jim Maloney, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on May 4, 2026. 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://viaid.webcasts.com/starthere.jsp?ei=1759153&tp_key=64a2fbe076 and will be archived online and available through August 4, 2026. To join via telephone, listeners may dial (201) 389-0879.

A telephonic playback will be available from 7:30 p.m. ET, May 4, 2026, through May 11, 2026. Participants can dial (412) 317-6671 and enter access code 13759893 to hear the playback.

About Medifast®

Medifast (NYSE: MED) is the metabolic health and wellness company known for its science-backed, coach-guided lifestyle system. Designed to help address the challenges of metabolic dysfunction, the company's holistic approach integrates personalized plans, scientifically developed products and a framework for habit creation — all supported by a dedicated network of independent coaches.

Driven to improve metabolic health through advanced science and comprehensive behavioral support, Medifast has introduced Metabolic Synchronization[®], a breakthrough science that reverses metabolic dysfunction through a targeted reset. Research demonstrates the company's comprehensive system activates strong and targeted fat burn to enhance metabolic health and body composition by reducing visceral fat, preserving lean mass and protecting muscle integrity.

Backed by more than 40 years of clinical heritage, Medifast continues to advance its mission of Lifelong Transformation, Making Healthy Lifestyle Second Nature[®]. For more information, visit **Medifastinc.com**.

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