



NEWS RELEASE

Medifast to Announce Financial Results for the Fourth Quarter and Full Year Ended December 31, 2022

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BALTIMORE, Feb. 7, 2023 /PRNewswire/ -- **Medifast** (NYSE: MED), the global company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, will announce financial results for the fourth quarter and full year ended December 31, 2022 on Tuesday, February 21, 2023, 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 February 21, 2023. 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://app.webinar.net/L31bk8pkVE4>, and will be archived online and available through March 7, 2023. To join via telephone, listeners may dial (855) 560-2579.

A telephonic playback will be available from 6:30 p.m. ET, February 21, 2023, through February 28, 2023. Participants can dial (877) 344-7529 and enter passcode 3443014 to hear the playback.

About Medifast®:

Medifast (NYSE: MED) is the global company behind one of the fastest-growing health and wellness communities, **OPTAVIA®**, which offers scientifically developed products, clinically proven plans and the support of independent OPTAVIA Coaches and a Community to help Customers achieve Lifelong Transformation, One Healthy Habit at a Time®. As the publicly traded market leader by revenue in the U.S. \$7 billion weight management industry, the company has impacted more than 2 million lives through its Community of OPTAVIA Coaches, who



teach Customers how to develop holistic healthy habits through the proprietary Habits of Health® Transformational System. Medifast was recognized in 2022 as one of **America's Best Mid-Sized Companies by Forbes**, in 2020 and 2021 as one of **FORTUNE's 100 Fastest-Growing Companies** and was named to **Forbes' 100 Most Trustworthy Companies in America list in 2017**. For more information, visit MedifastInc.com or OPTAVIA.com and follow **@Medifast** on Twitter.

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