



NEWS RELEASE

Medifast to Announce Financial Results for the Fourth Quarter and Full Year Ended December 31, 2025

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BALTIMORE--(BUSINESS WIRE)-- **Medifast** (NYSE: MED), the health and wellness company known for its science-backed, coach-guided lifestyle system, will announce financial results for the quarter and full year ended December 31, 2025 on Tuesday, February 17, 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 February 17, 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=1749244&tp_key=cd37227dbd and will be archived online and available through May 17, 2026. To join via telephone, listeners may dial (201) 389-0879.

A telephonic playback will be available from 7:30 p.m. ET, February 17, 2026, through February 24, 2026. Participants can dial (412) 317-6671 and enter access code 13758136 to hear the playback.

About Medifast®:

Medifast (NYSE: MED) is the 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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Investor Contact:

Medifast, Inc.

Steven Zenker

InvestorRelations@medifastinc.com

(443) 379-5256

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