



NEWS RELEASE

Medifast to Announce Financial Results for the Second Quarter Ended June 30, 2026

2026-07-20

BALTIMORE--(BUSINESS WIRE)-- **Medifast** (NYSE: MED), the metabolic health and wellness company known for its science-backed comprehensive metabolic health system, Trilivy, will announce financial results for the quarter ended June 30, 2026 on Monday, August 3, 2026, after market close. The Company will host a conference call to discuss the results with additional comments and details. Company participants will be Nick Johnson, Chief Executive Officer, and Jim Maloney, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on August 3, 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://viaavid.webcasts.com/starthere.jsp?ei=1768081&tp_key=644d7ae69f and will be archived online and available through November 3, 2026. To join via telephone, listeners may dial (201) 389-0879.

A telephonic playback will be available from 8:30 p.m. ET, August 3, 2026, through August 10, 2026. Participants can dial (412) 317-6671 and enter access code 13761321 to hear the playback.

About Medifast®:

Medifast (NYSE: MED) is the metabolic health and wellness company known for its science-backed comprehensive metabolic health system, Trilivy. Designed to help address the challenges of metabolic dysfunction, the company's holistic approach integrates science-backed plans and products, personal 1:1 coaching, a supportive community, and behavioral science support to develop healthy habits.

Driven to improve metabolic health through advanced science and comprehensive behavioral support, Medifast has introduced Metabolic Synchronization®, a breakthrough science that targets metabolic dysfunction through a comprehensive system focused on fat loss, lean mass preservation, and long-term health. Trilivy's comprehensive three-part metabolic health system is designed to help people reset their metabolism, refine their health, and renew their lives. By integrating science, coaching, and healthy habits into a single approach, Trilivy helps people look, feel, and live better.

Backed by more than 45 years of clinical heritage, Medifast continues to advance its mission of lifelong transformation through metabolic science and human connection™. For more information, visit **Trilivyhealth.com** and **Medifastinc.com**.

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Investor Contact:

Medifast, Inc.

Steven Zenker

InvestorRelations@medifastinc.com

(443) 379-5256

Source: Medifast