NEWS RELEASE

Global Medical REIT Inc. Announces Retirement of Ronald Marston from its Board of Directors and Declares 2025 Fourth Quarter Common and Preferred Dividends

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BETHESDA, Md.--(BUSINESS WIRE)-- **Global Medical REIT Inc. (NYSE: GMRE)** (the "Company" or "GMRE") today announced that Ronald Marston has notified the Board of Directors (the "Board") that he plans to retire as a member of the Board at the end of his current term and that the Board has declared the Company's 2025 fourth quarter common and preferred dividends.

Ronald Marston's Retirement from Board of Directors

Mr. Marston has served on the Board since 2015 as an independent director and at different points throughout his tenure has served as the chair of the Board's Nominating and Corporate Governance Committee as well as a member of the Board's Audit and Compensation Committees. Mr. Marston's retirement will be effective at the end of his current term, which will conclude at the Company's Annual Meeting of Stockholders to be held in 2026.

Lori Wittman, the Board's lead independent director commented, "the Board would like to thank Ron for his leadership and significant contributions throughout his service as a director. Ron provided an outstanding example of the ethical, respectful, and engaged way all board members should act. We all wish Ron a happy and enjoyable retirement."

Common Dividend

The Board has declared the Company's 2025 fourth quarter cash dividend of $0.75 per share of common stock and unit (the "Common Dividend"). The Common Dividend is payable on January 9, 2026, to common stockholders and unitholders of record as of December 19, 2025.

Series A Preferred Dividend

The Board has also declared a quarterly cash dividend of $0.46875 per share on its Series A Cumulative

Redeemable Preferred Stock, $0.001 par value per share (the “Series A Preferred Stock”), which is payable on February 2, 2026, to Series A Preferred stockholders of record as of January 15, 2026. This represents the Company’s quarterly dividend on its Series A Preferred Stock for the period from October 31, 2025 through January 30, 2026.

Series B Preferred Dividend

The Board has also declared a quarterly cash dividend of $0.388 per share on its Series B Cumulative Redeemable Preferred Stock, $0.001 par value per share (the “Series B Preferred Stock”), which is payable on February 2, 2026, to Series B Preferred stockholders of record as of January 15, 2026. This represents the Company’s initial, pro rata dividend on its Series B Preferred Stock for the period from its issuance on November 20, 2025 through January 30, 2026.

About Global Medical REIT Inc.

Global Medical REIT Inc. is a net-lease medical REIT that acquires healthcare facilities and leases those facilities to physician groups and regional and national healthcare systems.

Additional information on GMRE can be obtained on its website at www.globalmedicalreit.com.

Forward-Looking Statements

Certain statements contained herein may be considered “forward-looking statements” within the meaning of the Private Securities Litigation Reform Act of 1995, and it is the Company’s intent that any such statements be protected by the safe harbor created thereby. These forward-looking statements are identified by their use of terms and phrases such as "anticipate," "believe," "could," "estimate," "expect," "intend," "may," "should," "plan," "predict," "project," "will," "continue" and other similar terms and phrases, including references to assumptions and forecasts of future results. Except for historical information, the statements set forth herein including, but not limited to, any statements regarding the Company’s expected dividend payments and board composition are forward-looking statements. These forward-looking statements are based on our current expectations, estimates and assumptions and are subject to certain risks and uncertainties. Although the Company believes that the expectations, estimates and assumptions reflected in its forward-looking statements are reasonable, actual results could differ materially from those projected or assumed in any of the Company’s forward-looking statements. Additional information concerning us and our business, including additional factors that could materially and adversely affect our financial results, include, without limitation, the risks described under Part I, Item 1A - Risk Factors, in our Annual Report on Form 10-K, our Quarterly Reports on Form 10-Q, and in our other filings with the SEC. You are cautioned not to place undue reliance on forward-looking statements. The Company does not intend, and undertakes no obligation, to update any forward-looking statement.

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