CARETRUST

NEWS RELEASE

CareTrust Announces $291 Million of Recent Investments; $1.5 Billion Investments Year-To-Date; Reloaded Pipeline

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DANA POINT, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) ("CareTrust" or the "Company") announced today the recent closing of two transactions totaling $291 million of investments encompassing a 16-property care home portfolio in the UK and two senior housing communities in the US.

On August 1, 2026, CareTrust acquired two off-market Utah senior housing communities comprising 212 assisted living and memory care units for approximately $65 million, inclusive of transaction costs. The communities will be part of CareTrust's senior housing operating portfolio and managed by an existing operator relationship with a presence in the area. Tri Tran, CareTrust's SVP of Investments, said, "These communities are quality assets with an excellent reputation in a market we know well. Opened within the past ten years, these communities have a lot of potential to deliver long-term top- and bottom-line results through continued strong performance."

Also in early August, CareTrust acquired a portfolio of 16 care homes across England and Scotland for an initial investment of approximately $226 million, inclusive of transaction costs. The portfolio is operated under a long-term lease to an experienced management team with a track record of successful care home operations. "This was a complicated deal to get across the line, and closing it speaks to the discipline and solutions-oriented approach of our team. It further expands our rapidly growing UK footprint and reflects how we're sourcing and executing quality opportunities in the region," said James Callister, CareTrust's Chief Investment Officer.

The Company also announced it closed on a mix of other investments so far in the third quarter 2026, including a relationship-based loan to an existing CareTrust operator secured by a California senior housing and skilled nursing campus and one additional triple-net leased UK care home.

With these transactions, CareTrust's third quarter investments so far total approximately $308 million at a blended stabilized yield of approximately 7.8%, bringing total 2026 investment activity to approximately $1.5 billion at a blended stabilized yield of approximately 8.7%.

CareTrust also reported that its reloaded investment pipeline sits at $540 million of near-term, actionable opportunities, comprised of roughly two-thirds skilled nursing acquisitions and the remainder a combination of UK care homes and strategic loans secured by skilled nursing facilities. Not included in the quoted pipeline are larger portfolio opportunities the Company continues to evaluate.

“The two transactions highlighted here showcase why our strategic expansion last year into the UK care home market and adding a SHOP platform were so transformative for CareTrust,” said Dave Sedgwick, CareTrust’s Chief Executive Officer. “With approximately $1.5 billion invested year to date and a reloaded pipeline of approximately $540 million, we’re excited to see momentum building across all three engines of growth.”

For additional information regarding CareTrust’s second quarter 2026 financial results, please see the Company’s earnings press release issued this afternoon.

About CareTrust™

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust engaged in the ownership, acquisition, development and leasing of skilled nursing, seniors housing and other healthcare-related properties. With a portfolio of long-term net-leased properties spanning the United States and United Kingdom, and a growing portfolio of quality operators leasing them, CareTrust is pursuing both external and organic growth opportunities across the US and internationally. More information about CareTrust REIT is available at **www.caretrustreit.com**.

Safe Harbor Statement under the Private Securities Litigation Reform Act of 1995

This press release contains forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Forward-looking statements include all statements that are not historical statements of fact and statements regarding the Company’s intent, belief or expectations, including, but not limited to, statements regarding the following: future financial and financing plans; strategies related to the Company’s business and its portfolio, including acquisition and investment opportunities; growth prospects; operating and financial performance; stabilized yields; pipeline figures; and the performance of the Company’s tenants, operators and borrowers. The Company’s forward-looking statements are based on management’s current expectations and beliefs, and are subject to a number of risks and uncertainties that could lead to actual results differing materially from those projected, forecasted or expected. The Company expressly disclaims any obligation to update or revise any information in this press release, including forward-looking statements, whether to reflect any change in the Company’s expectations, any change in events, conditions or circumstances, or otherwise.

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