



NEWS RELEASE

CareTrust REIT Sets First Quarter Earnings Call for Friday, May 8, 2026

2026-04-23

DANA POINT, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) announced today that it plans to release its first quarter 2026 financial results after the U.S. markets close on Thursday, May 7, 2026. Representatives of CareTrust REIT's management team will host a conference call to discuss the results and other current matters the following day.

Conference Call

CareTrust REIT invites current and prospective investors to listen to the call on Friday, May 8, 2026 at 11:00 a.m. Eastern Time (8:00 a.m. Pacific Time). The toll-free dial-in number is 1 (833) 461-5787 or toll dial-in number is 1 (585) 542-9983 and the conference ID number is 411597838.

To listen to the call online as a webcast, or to view any financial or other statistical information required by SEC Regulation G, please visit the Investors section of the CareTrust REIT website at <http://investor.caretrustreit.com>. A recording of the call will be available for replay via the website for approximately 30 days following the call. The Company's press releases, Securities and Exchange Commission filings, public conference calls, webcasts and website frequently disclose information that may be material to investors and the marketplace, and the Company encourages investors and others interested in the Company to regularly monitor such outlets for important Company information.

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, senior 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 REIT is pursuing both external and organic growth opportunities across the

United States and internationally. More information about CareTrust REIT is available at www.caretrustreit.com.

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Source: CareTrust REIT, Inc.