



January 26, 2017

## CareTrust REIT Announces Tax Treatment of 2016 Distributions

SAN CLEMENTE, Calif., Jan. 26, 2017 (GLOBE NEWSWIRE) -- CareTrust REIT, Inc. (NASDAQ:CTRE) announced today the tax treatment of its 2016 distributions to shareholders. The table below summarizes on a per-share percentage basis the nature of the 2016 distributions for income tax purposes and the corresponding IRS Form 1099-DIV box number:

### DISTRIBUTIONS ON CARETRUST REIT COMMON STOCK (CUSIP #14174T107)

Record Date	Payment Date	Distribution Per Share	Ordinary Dividend	Box 1a	Box 1b	Box 2a	Box 2b	Box 3
				Qualified Dividend (Included in Box 1a)	Unrecap. Section 1250 Gain (Included in Non-Dividend Distributions)	Capital Gain Distr.		
3/31/2016	4/15/2016	\$ 0.170000	84.8035%	0.0000%		0.0000%	0.0000%	15.1965%
6/30/2016	7/15/2016	\$ 0.170000	84.8035%	0.0000%		0.0000%	0.0000%	15.1965%
9/30/2016	10/14/2016	\$ 0.170000	84.8035%	0.0000%		0.0000%	0.0000%	15.1965%
12/31/2016	1/13/2017	\$ 0.170000	84.8035%	0.0000%		0.0000%	0.0000%	15.1965%
<b>Total</b>		<b>\$ 0.680000</b>	<b>84.8035%</b>	<b>0.0000%</b>		<b>0.0000%</b>	<b>0.0000%</b>	<b>15.1965%</b>

Shareholders of record should expect to receive an IRS Form 1099-DIV from Broadridge Corporate Issuer Solutions, CareTrust REIT's 2016 dividend paying agent. "Street name" shareholders should expect to receive the IRS Form 1099-DIV from their applicable bank, brokerage firm, or other nominee. Because CareTrust REIT's tax return has not yet been filed for the year ended December 31, 2016, the distribution allocations presented in the table above have been calculated using the available information to date.

CareTrust REIT encourages shareholders to consult their own tax advisors regarding the tax consequences of these distributions.

#### About CareTrust™

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust engaged in the ownership, acquisition and leasing of seniors housing and healthcare-related properties. With 151 net-leased healthcare properties and three operated seniors housing properties in 20 states, CareTrust is pursuing opportunities nationwide to acquire properties that will be leased to a diverse group of local, regional and national seniors housing operators, healthcare services providers, and other healthcare-related businesses. More information about CareTrust is available at [www.caretrustreit.com](http://www.caretrustreit.com).

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