



NEWS RELEASE

CareTrust Acquires Mid-Atlantic Skilled Nursing Portfolio for Approximately \$142 Million

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DANA POINT, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) (“CareTrust” or the “Company”) announced today the acquisition of six skilled nursing facilities located in the Mid-Atlantic for a purchase price of approximately \$142 million including transaction costs, effective January 1, 2026. The portfolio contains 532 licensed beds and is operated by a tenant new to CareTrust under a long-term triple net lease with annual inflation-based rent escalators and multiple renewal options.

“We’re excited to begin 2026 with an off-market transaction that checks all the right boxes for us,” said James Callister, CareTrust’s Chief Investment Officer. “The quality of the portfolio, attractive coverage metrics, and the opportunity to transact with a strong new tenant with a proven operating and credit profile make this a compelling investment and a great example of the disciplined, relationship-driven growth we continue to pursue.” Mr. Callister noted the Company expects the portfolio to generate a 9% stabilized yield. The transaction was funded using cash on hand.

Joe Callan, Senior Vice President of Investments, added, “We’re excited to establish a new relationship with a well-regarded operator that has demonstrated a strong track record of success. This investment highlights the depth of opportunities we continue to see in the market and our ability to source transactions that enhance portfolio quality while supporting long-term growth.”

The closing of this transaction extends the momentum from 2025, a year in which the Company closed approximately \$1.8 billion of investments, including an entrance into the UK care home market and the establishment of a seniors housing operating portfolio. Dave Sedgwick, CareTrust’s Chief Executive Officer, commented, “With 2025 in the books, we’re thrilled to report we have closed approximately \$3.3 billion of investments over the past two years. Supported by a strong balance sheet and three fully operational growth engines, we’re opening the year with meaningful momentum, keeping our investment flywheel turning and setting the stage for another exceptional year in 2026.” Following this

transaction, Mr. Sedgwick noted the Company's investment pipeline today stands at approximately \$300 million.

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.

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