



NEWS RELEASE

CareTrust REIT Raises Quarterly Dividend to \$0.335 per Share

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SAN CLEMENTE, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) announced today that its Board of Directors has increased its quarterly common stock cash dividend from \$0.29 to \$0.335 per common share. The current dividend will be payable to common stockholders of record as of the close of business on March 31, 2025. The Company intends to pay the dividend on or about April 15, 2025.

Dave Sedgwick, CareTrust's Chief Executive Officer, commented that "An extraordinary year of growth last year results in an extraordinary increase in our dividend this year. Even with the 15.5% increase to our dividend, we expect to maintain a conservative payout ratio while also retaining our least expensive form of capital for future investments."

About CareTrust REIT™

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 nationwide portfolio of long-term net-leased properties, and a growing portfolio of quality operators leasing them, CareTrust REIT is pursuing both external and organic growth opportunities across the United States. More information about CareTrust REIT is available at www.caretrustreit.com.

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