



NEWS RELEASE

CareTrust REIT Raises Quarterly Dividend to \$0.39 per Share

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DANA POINT, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) announced today that its Board of Directors has increased its quarterly common stock cash dividend from \$0.335 to \$0.39 per common share. The current dividend will be payable to common stockholders of record as of the close of business on March 31, 2026. The Company intends to pay the dividend on or about April 15, 2026.

Dave Sedgwick, CareTrust's Chief Executive Officer, noted that "Our commitment to delivering value to our stockholders remains unwavering. Our dividend increase this year reflects this commitment as well as our confidence in the strength of our portfolio and our optimism for continued growth."

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 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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