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*** Exercise Your Right to Vote ***

Important Notice Regarding the Availability of Proxy Materials for the
Stockholder Meeting to Be Held on May 24, 2018

Meeting Information

Meeting Type: Annual Meeting

For holders as of: March 29, 2018

TIVITY HEALTH, Date: May 24, 2018 Time: 8:30 AM CDT

INC. Location: Tivity Health, Inc.

Corporate Office

701 Cool Springs Boulevard

Franklin, Tennessee 37067

You are receiving this communication because you hold shares in the above named company.

Tivity Health, Inc.
C/O Computershare
Investor Services
P.O. Box 43078
Providence, RI 02940

This is not a ballot. You cannot use this notice to vote these shares. This communication presents only an overview of the more complete proxy materials that are available to you on the Internet. You may view the proxy materials online at www.proxyvote.com or easily request a paper copy (see reverse side).

We encourage you to access and review all of the important information contained in the proxy materials before voting.

See the reverse side of this notice to obtain proxy materials and voting instructions.

— Before You Vote —

How to Access the Proxy Materials

Proxy Materials Available to VIEW or RECEIVE:

1. Annual Report
2. Notice & Proxy Statement

How to View Online:

Have the information that is printed in the box marked by the arrow (located on the following page) and visit: www.proxyvote.com.

How to Request and Receive a PAPER or E-MAIL Copy:

If you want to receive a paper or e-mail copy of these documents, you must request one. There is NO charge for requesting a copy. Please choose one of the following methods to make your request:

- 1) BY INTERNET: www.proxyvote.com
- 2) BY TELEPHONE: 1-800-579-1639
- 3) BY E-MAIL*: sendmaterial@proxyvote.com

* If requesting materials by e-mail, please send a blank e-mail with the information that is printed in the box marked by the arrow (located on the following page) in the subject line.

Requests, instructions and other inquiries sent to this e-mail address will NOT be forwarded to your investment advisor. Please make the request as instructed above on or before May 10, 2018 to facilitate timely delivery.

— How to Vote —

Please Choose One of the Following Voting Methods

Vote In Person: Many stockholder meetings have attendance requirements including, but not limited to, the possession of an attendance ticket issued by the entity holding the meeting. Please check the meeting materials for any special requirements for meeting attendance. At the meeting, you will need to request a ballot to vote these shares.

Vote By Internet: To vote now by Internet, go to www.proxyvote.com. Have the information that is printed in the box marked by the arrow available and follow the instructions.

Vote By Mail: You can vote by mail by requesting a paper copy of the materials, which will include a proxy card.

Voting Items

The Board of Directors recommends you vote FOR the following:

1. Election of Directors

Nominees

1A Sara J. Finley

3 To ratify the appointment of PricewaterhouseCoopers LLP as the Company's independent registered public accounting firm for the the fiscal year ending December 31, 2018.

1B Archelle Georgiou, M.D.

1C Robert J. Greczyn, Jr.

NOTE: Such other business as may properly come before the meeting or any adjournment thereof.

1D Peter A. Hudson, M.D.

1E Beth M. Jacob

1F Bradley S. Karro

1G Paul H. Keckley, Ph.D.

1H Lee A. Shapiro

1I Donato J. Tramuto

1J Kevin G. Wills

The Board of Directors recommends you vote FOR proposals 2 and 3:

2 To consider and act upon a non-binding, advisory vote to approve compensation of the named executive officers as disclosed in the Proxy Statement.
