

Brian Storseth Joins Reliq Health Technologies' Board of Directors

VANCOUVER, British Columbia, July 28, 2016 — **Reliq Health Technologies Inc.** (TSX-V:RHT) (OTCQB:RQHTF) (“Reliq” or the “**Company**”), a technology company focused on developing innovative mobile health (mHealth) and telemedicine solutions for Community-Based Healthcare, is pleased to announce Mr. Brian Storseth has joined the Company’s Board of Directors effective immediately.

Mr. Storseth is a businessman and was a Member of Parliament (MP) with the Conservative Party of Canada for 9 years from 2006 to 2015 - he did not seek re-election in 2016. During his tenure as an MP he served on committees for Aboriginal affairs, agriculture and agri-food.

“Brian is an accomplished business leader and policy expert, having spent 9 years as an MP in the House of Commons. Brian is intimately familiar with issues relevant to Canadian companies such as ours. We are excited to leverage his network and experience in order to further expand Reliq’s footprint in Canada,” said Dr. Lisa Crossley, CEO of Reliq Health.

“I admire how far Reliq has come in a very short period of time and am impressed with the traction the team has achieved with their technology in the United States. I look forward to working with them to introduce the technology to various Provinces, health authorities and other potential users. Using technology like Reliq’s to improve efficiencies, reduce costs and improve the quality of care is the future of healthcare for both publicly and privately funded systems,” said Mr. Brian Storseth.

Mr. Storseth will be granted 250,000 options at \$0.15 upon approval from the TSX Venture Exchange.

ON BEHALF OF THE BOARD

“Dr. Lisa Crossley”

CEO and Director

For further information: CORE Capital Partners at 604-566-9233 or investors@ccpartnersinc.com.

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Cautionary Statements Regarding Forward Looking Information

Certain statements in this press release constitute forward-looking statements, within the meaning of applicable securities laws. All statements that are not historical facts, including

without limitation, statements regarding future estimates, plans, programs, forecasts, projections, objectives, assumptions, expectations or beliefs of future performance, are “forward-looking statements”.

We caution you that such “forward-looking statements” involve known and unknown risks and uncertainties that could cause actual and future events to differ materially from those anticipated in such statements.

Forward-looking statements include, but are not limited to, statements with respect to commercial operations, including technology development, anticipated revenues, projected size of market, and other information that is based on forecasts of future results, estimates of amounts not yet determinable and assumptions of management.

Reliq Health Technologies Inc. (the “**Company**”) does not intend, and does not assume any obligation, to update these forward-looking statements except as required by law. These forward-looking statements involve risks and uncertainties relating to, among other things, technology development and marketing activities, the Company’s historical experience with technology development, uninsured risks. Actual results may differ materially from those expressed or implied by such forward-looking statements.

