

Reliq Health Technologies Announces Changes to Management Team, Appointment of Sophic Capital as New Investor Relations Firm

VANCOUVER, British Columbia, Oct. 24, 2018 — **Reliq Health Technologies Inc. (TSXV:RHT or OTCQB:RQHTF)** (“**Reliq**” or the “**Company**”), a technology company that develops innovative mobile health (mHealth) and telemedicine solutions for the community-based healthcare market, today announced that effective immediately, the Chief Visionary Officer Mr. Giancarlo De Lio is no longer employed by the Company.

In addition, the Company is pleased to announce that it has engaged Sophic Capital as its Investor Relations firm. Sophic Capital is a comprehensive capital markets advisory firm focused on microcap growth companies.

“These changes reflect Reliq’s commitment to improving our investor communications and to ensuring transparency, accountability and execution within the organization going forward,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies. “With healthy cash reserves, a strong customer pipeline and a powerful technology platform, the Company looks forward to continuing to work with our clients to improve health outcomes and expand access to care for chronic disease patients in the US, Canada and beyond.”

“Sophic Capital has followed Reliq’s story for a number of years, and we are excited to be working with the Company to help communicate the story to the capital markets,” said Sean Peasgood, President and CEO of Sophic Capital. “Reliq is targeting a unique market in which the constituents will likely see improved health and safety outcomes from its mHealth care solutions. We believe that Reliq is well positioned for future growth and look forward to helping the company communicate successful milestones to the capital markets in the coming quarters.”

Reliq’s engagement with Sophic Capital is a 12-month term, on a fee-for-service basis of \$7,000 CAD per month. In addition, Reliq has granted Sophic 300,000 options to purchase Reliq shares at a price of \$0.53 per share. The options will vest over 12 months and will expire on October 23, 2021.

ON BEHALF OF THE BOARD

“Dr. Lisa Crossley”

CEO and Director

ABOUT RELIQ HEALTH

Reliq Health Technologies is a healthcare technology company that specializes in developing innovative software solutions for the Community Care market. Reliq’s powerful iUGO Care

platform supports care coordination and community-based healthcare. The iUGO Care platform integrates wearables, sensors, voice technology and intuitive mobile apps and desktop user interfaces for patients, clinicians and healthcare administrators. iUGO Care allows complex patients to receive high quality care at home, improving health outcomes, enhancing quality of life for patients and families and reducing the cost of care delivery. iUGO Care provides real-time access to remote patient monitoring data, allowing for timely interventions by the care team to prevent costly hospital readmissions and ER visits. Reliq Health Technologies trades on the TSX Venture under the symbol RHT and on the OTCQB as RQHTF.

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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.

SOURCE: Reliq Health Technologies Inc.

