

Reliq Health Technologies Announces Corporate Update Call October 18, 2018

VANCOUVER, British Columbia, Oct. 17, 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, announces that the Company will hold a corporate update call on October 18, 2018.

Conference Call Information:

When: October 18, 2018, 6:00am PST (9:00am EST)
ID: 7771109
Dial In: Canada and U.S. - (844) 461-9931
International - (636) 812-6630

The Company would like to advise participants to join the conference call at least 10 minutes early in order to register. A recording of the conference call will be available afterwards until October 25, 2018 and will be accessible by calling either one of the following numbers: (855) 859-2056 or (404) 537-3406.

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.

For further information contact:

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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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.

