

Reliq Health Technologies Announces Go-Live with Royal Flying Doctor Service Central Operations (RFDS) in Australia

HAMILTON, Ontario, Dec. 20, 2019 — **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, is pleased to announce the go-live of its pilot with the Royal Flying Doctor Service Central Operations (RFDS) in Australia.

“We are very excited to be live in Australia with the RFDS,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies, Inc. “Australia has a large remote and rural population, and patients with chronic conditions living in remote communities have a higher rate of hospitalizations and death than their urban counterparts. We look forward to working with the RFDS to enhance access to care and improve health outcomes for remote and rural populations in Australia.”

The RFDS (www.flyingdoctor.org.au) is one of the largest and most comprehensive aeromedical organisations in the world, providing extensive primary health care and 24-hour emergency service to people over an area of 7.69 million square kilometres. In 2017 over 336,000 patient encounters occurred through RFDS primary health clinics, aeromedical transports and telehealth consultations. The challenges of health access outside Australia’s cities make the RFDS vital to those who live, work and travel in rural and remote Australia.

ON BEHALF OF THE BOARD

“Dr. Lisa Crossley”

CEO and Director

ABOUT THE RFDS

Established in 1928 by the Reverend John Flynn (Australian \$20 bill), the RFDS is the largest and most comprehensive aeromedical organisation in the world. In addition to 24/7 aeromedical retrievals of the critically-ill or injured, the RFDS also delivers a broad range of essential primary and preventative health care services, including tele-health, mental health, oral health and chronic disease management. Today, the RFDS provides the finest care to more than 300,000 Australians each year – equivalent to one person every two minutes.

In addition to assisting those living, working and travelling in rural and remote Australia, the RFDS also delivers critical support to those who live in urban centres. This includes the regular transfer of patients to interstate hospitals for life-saving surgery such as organ transplant and heart surgery on newborn babies.

The RFDS is a not-for-profit organisation. While supported by Commonwealth, State and Territory governments, the RFDS relies on bequests, sponsorships and donations to bridge the gap in its operational funding and to purchase its 'flying intensive care units' at a cost of more than \$7 million each. RFDS Central Operations is responsible for delivering 24/7 emergency aeromedical and essential primary health care services throughout South Australia and the southern half of the Northern Territory. It operates four aeromedical bases located in Adelaide, Port Augusta, Alice Springs and Darwin, as well as three primary health care facilities in Marree, Andamooka and Marla in outback South Australia.

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. iUGO Care allows complex patients to receive high quality care at home and in the community setting, 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 please contact:

Investor Relations at ir@reliqhealth.com

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.

