

Reliq Health Technologies Announces New Additions to the Leadership Team

VANCOUVER, British Columbia, Dec. 10, 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, is pleased to announce that subsequent to the closing of its Vancouver office the Company has completed key new hires and engagements to support the Company’s anticipated growth in 2019 and beyond.

“We are thrilled to announce the addition of two new members of the Reliq Health leadership team and the engagement of two new key partners,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies, Inc. “Dr. Bassma Ghali has accepted the role of CTO with the company, and Mr. Lucas Smithen will take on the position of VP Products & Professional Services. These two highly educated, experienced individuals bring a new depth and breadth of knowledge to Reliq to allow us to continue to expand our platform’s capabilities and improve our Implementation and Customer Support services. The Company has also engaged Mr. Paul McCulloch to manage Reliq’s cybersecurity, privacy and policy development. Mr. McCulloch has an impressive background as a technologist and attorney, and has previously served as the VP of Technology and Global CyberSecurity Chief of Compliance at JP Morgan, and Special Advisor in the office of the U.S. Secretary of State. Reliq has also engaged Sonique Ltd to support the Company in marketing strategy, digital & social media and creative services. Sonique’s previous clients include Dynacare, Disney, BBC, Nintendo, ASUS, Sony, HP and many other notable global brands.”

New Hires:

Dr. Bassma Ghali joins the team as Reliq’s new Chief Technology Officer. Dr. Ghali is a serial entrepreneur with expertise in wearable medical device technology, software development, telemonitoring, machine learning (AI), data collection and analysis. She holds a PhD in Biomedical Engineering from the University of Toronto, where she conducted her PhD research in the PRISM (Paediatric Rehabilitation Intelligent Systems Multidisciplinary) Lab at the Holland Bloorview Kids Rehabilitation Hospital, the largest paediatric rehabilitation hospital in Canada. The PRISM Lab is an academic health science centre fully affiliated with the prestigious Institute of Biomaterials and Biomedical Engineering (IBBME) at the University of Toronto. Dr. Ghali received her MASc from McMaster University in Biomedical Engineering and her B.Eng. in Computer Engineering from Ryerson University.

Mr. Lucas Smithen joins the team as Reliq’s new VP Products & Professional Services. Mr. Smithen has over 18 years of experience in software development, product design and development, new product launch, professional services, software implementation, customer support and customer engagement. He has extensive experience in the development and

implementation of mobile health applications for use in hospitals, long term care facilities, mental health organizations and outpatient clinics, and in the design of highly intuitive user interfaces for clinicians, administrators and patients. He holds a B.Eng. in Mechanical Engineering from Carleton University. Mr. Smithen will be heading to Australia in January to support Reliq's Australian sales team in launching the two previously announced pilots in South Australia.

New Engagements:

Mr. Paul McCulloch, CyberLaw NYC - Paul McCulloch is a technology attorney with the NYC CyberLaw group, focused on data privacy and security in the health and finance sectors. His clients have ranged from startups to Fortune 500 companies and his services include legal and compliance review and resiliency, and digital transformation strategy. Prior to joining the NYC CyberLaw group he served as the VP of Technology and Global CyberSecurity Chief of Compliance at JP Morgan, and Special Advisor in the office of the U.S. Secretary of State. He holds a BA from Emory University, a JD from Temple University, an LL.M. From the University of London, is a member of the New York bar and an IAPP Certified Information Privacy Manager.

Sonique Ltd - Sonique Ltd is a full service marketing and creative services firm with offices in Toronto, ON, Hamilton, ON and London, UK. Sonique's previous clients include Dynacare, Disney, Nintendo, BBC, Sky Media, Volvo, Mackenzie Investments, AOL, Barclays, HP, Virgin, Toshiba, Rosetta Stone, Collins Barrow and Orange, among other notable global brands.

CFO/COO Search:

The Company has been active in its search for a new CFO with a strong Operational background to take on the CFO/COO role and is in discussions with several highly qualified candidates in the Greater Toronto area.

Departures:

The Company also wishes to announce the departure of Mr. Stephen Samson, who was originally hired by the Company's former Chief Visionary Officer to take on the role of CIO. The duties and responsibilities associated with that role will now fall under the Company's CTO, Dr. Bassma Ghali and Reliq's cybersecurity and privacy partner, Mr. Paul McCulloch at CyberLaw NYC.

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:

Investor Relations at Reliq Health at IR@reliqhealth.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

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SOURCE: Reliq Health Technologies Inc.

