

Reliq Health Technologies Announces Resignation of CFO

VANCOUVER, British Columbia, Nov. 16, 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 Aman Thindal will be resigning from the Board of Directors as well as from his position as Chief Financial Officer to pursue other opportunities, effective November 30, 2018.

The Company will be appointing an Interim CFO for a brief transition period while it conducts a search for a permanent CFO in the Greater Toronto Area, in line with the Company’s stated intent to consolidate operations to the Toronto area.

Aman Thindal has held the position of CFO at the Company since its going public transaction in Vancouver in 2015. “Aman has been instrumental to the development of the Company, and he will be missed. We support his decision to remain in the Vancouver area and pursue new opportunities there. We wish him every success in his future endeavors,” said Dr. Lisa Crossley, CEO of Reliq Health.

In addition, the Company wishes to inform shareholders that Reliq Health and Sophic Capital have agreed to mutually disengage on amicable terms due to the overwhelming number of retail investor calls and emails that Sophic has received since taking on this mandate. “We recognize that the sheer volume of calls and emails Sophic received from our investors was simply unsustainable for their business. We would like to thank the Sophic Capital team for their tireless efforts on our behalf,” said Dr. Crossley. Going forward the Company will be posting an FAQ on the investor section of the Reliq website to address the most common shareholder questions, and will update this section on a regular basis as new questions relating to material disclosable information arise.

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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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.

