

Reliq Health Technologies, Inc. Announces Management Changes

HAMILTON, Ontario, Dec. 11, 2023 — **Reliq Health Technologies Inc. (TSXV:RHT or OTC:RQHTF or WKN:A2AJTB)** (“**Reliq**” or the “**Company**”), a rapidly growing global healthcare technology company that develops innovative Virtual Care solutions for the multi-billion dollar Healthcare market, today announces that it has accepted the resignation of its CEO and Director, Dr. Lisa Crossley. Dr. Crossley will continue to work with the Company as an advisor to ensure that there is no disruption to operations. The Company would like to thank Dr. Crossley for her eight years of dedicated service as CEO of Reliq and wishes her the best with her recent health issues, and hopes she has a speedy recovery.

The Board of Directors has appointed Mr. Chris Shields as Interim CEO. Mr. Shields currently handles the Company’s US business development and is very familiar with the operations and processes of the Company. Additionally, Mr. Shields has over 30 years of experience in the healthcare space and has held senior executive positions in start-ups and Fortune 500 companies. Based in Boston, MA, Mr. Shields has extensive experience with the US healthcare system and is widely regarded as a Medicare and Medicaid subject matter expert. He holds a Bachelor’s degree in Chemical Engineering from the University of Massachusetts, Lowell and an MBA specializing in Finance from Babson College in Wellesley, MA. Mr. Shields will lead the Company’s search for a permanent CEO.

Reliq Health

Reliq Health Technologies is a rapidly growing global healthcare technology company that specializes in developing innovative Virtual Care solutions for the multi-billion dollar Healthcare market. Reliq’s powerful iUGO Care platform supports care coordination and community-based virtual healthcare. 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, on the OTC as RQHTF and on the Frankfurt Stock Exchange under the WKN: A2AJTB.

ON BEHALF OF THE BOARD

“Dr. Lisa Crossley”

CEO and Director

For further information please contact:

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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.

