

Reliq Health Technologies, Inc. Announces New Contracts in Alabama and California

HAMILTON, Ontario, Oct. 18, 2019 — **Reliq Health Technologies Inc. (TSXV:RHT or OTCQB:RQHTF)** (“**Reliq**” or the “**Company**”), a technology company focused on developing innovative mobile health (mHealth) and telemedicine solutions for Community-Based Healthcare, today announced that it has converted a pilot in California to contract, and signed a new contract with a physician practice in Alabama.

“We are pleased to announce that Reliq has conducted a successful pilot in California in the Residential Care Facility for the Elderly (RCFE) space, and is now proceeding to full deployment with the client,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies, Inc. “The power and flexibility of the iUGO CARE platform enables Reliq to easily move into new verticals like Skilled Nursing/Residential Care. In addition, the Company has signed a new contract with a physician practice in Alabama to use the iUGO CARE platform to improve health outcomes in their chronic disease patients. It is a clear validation of our value proposition that the Company is seeing such positive traction in multiple States and new market segments.”

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.

ON BEHALF OF THE BOARD

“Dr. Lisa Crossley”

CEO and Director

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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.

