

## **Reliq Health Technologies, Inc. Announces the Launch of iUGO Well at the University of Notre Dame Australia**

HAMILTON, Ontario, Oct. 01, 2020 — **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 launched iUGO Well in Australia and signed a contract with the University of Notre Dame Australia to deploy iUGO Well to its students and staff.

“We are thrilled to be launching iUGO Well in Australia to support the physical and mental health needs of the University of Notre Dame Australia’s students and staff,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies, Inc. “iUGO Well aligns with the Australian State and Federal governments’ focus on mental health in the workplace. This is a particularly challenging time for students and faculty, who are dealing with the stress of online learning and the social isolation caused by COVID-19. We are honoured to be working with the University of Notre Dame Australia to support their students and staff through the global pandemic and beyond. Our expected go-live date for the Notre Dame community is mid-October, 2020.”

“The health and well-being of our students and staff is a top priority for the University of Notre Dame,” said Professor Annette Watkins, University of Notre Dame Australia. “We’re very excited to be able to provide a platform like iUGO Well to support the University of Notre Dame community in these challenging times.” Professor Watkins is the University’s lead on the iUGO Well implementation and is an accomplished researcher with a particular focus on wellness and wellbeing in the workplace.

The University of Notre Dame is a private university with campuses in Fremantle and Broome in Western Australia and Sydney in New South Wales, Australia. The University employs more than 700 staff and has over 12,000 students enrolled across its three campuses. Learn more at <https://www.notredame.edu.au/>.

iUGO Well is a digital health solution that delivers preventative health & wellbeing programs via mobile and web applications. iUGO Well helps users enhance their physical wellbeing and mental health through music and guided activities, improving resilience and decreasing stress. Learn more at <https://iugohealth.com/iugo-well/>.

### **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, 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

**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.

