

Reliq Health Technologies, Inc. Provides Corporate Update

HAMILTON, Ontario, March 19, 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, would like to provide shareholders with the following corporate update.

“The COVID-19 pandemic is obviously an unprecedented event for Reliq as it is for every other business worldwide,” said Dr. Lisa Crossley, CEO of Reliq Health Technologies. “During this time of uncertainty we wanted to let our shareholders know that we continue to provide the full range of iUGO Care software solutions and services to our clients remotely. In keeping with the CDC’s recommendations, many of our clients are urgently moving to a virtual care model to reduce the risk of virus transmission associated with in-office and in-home visits. Our clients provide care to patients who are at the highest risk for poor outcomes from COVID-19 infection - elderly individuals with multiple underlying chronic conditions - and we are responding to our customers’ urgent need to protect and care for this vulnerable population remotely. Our new clients in Florida (Comprehensive Partners and Direct Access at Home) and Louisiana (Blum Telehealth) are onboarding patients to the iUGO Care platform this month and have now requested that we accelerate onboarding significantly relative to their original schedules. In Texas, the Department of State Health Services has issued guidance recommending that Home Health Care providers conduct visits virtually wherever possible, and we are providing our clients there with expanded features and support to meet these evolving needs. Our clients are able to use the iUGO Care platform to communicate virtually with their patients, monitor patients’ existing chronic conditions, evaluate patients for symptoms of COVID-19 infection (fever, cough, shortness of breath) and document risk factors such as travel or exposure to anyone who has tested positive for the virus. Our platform enables care providers to remotely triage patients and determine who needs further screening or emergency care, and to collect and transmit critical information to public health units in their region. The Company is able to provide all training, onboarding and support services remotely. Further, since we have a substantial inventory of biometric monitoring devices there are no supply chain issues currently impacting or expected to impact deployments going forward. This is an extraordinarily difficult time for high risk patients and the clinicians who provide care to them, and we are honoured to be able to contribute to the efforts to prevent and protect.”

Reliq is also pleased to announce that the Company has hired Mr. Matthew Lee as Reliq’s new Chief Financial Officer. Mr. Lee has worked extensively with Canadian companies doing business in the US, and his skill set and network of US tax and accounting professionals will be invaluable to support the anticipated rapid growth of Reliq’s US business. Mr. Lee has experience in audit, finance and public company financial reporting & operations management. He has previously served as Chief Financial Officer for multiple TSX-V and CSE

listed companies, and holds a Chartered Professional Accountant designation with a Bachelor of Commerce Degree from the University of British Columbia.

The Company would like to thank outgoing Interim CFO, Mr. Dong Shim, for his service and wish him well in his future endeavors.

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. Learn more at <https://www.reliqhealth.com/>.

ON BEHALF OF THE BOARD

"Dr. Lisa Crossley"

CEO and Director

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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.

