LifeSpeak Inc.

LifeSpeak Inc. Announces Appointment of New CFO and Release Date for Second Quarter 2024 Results

Financial industry veteran Lee Dabberdt joins LifeSpeak Inc. as Chief Financial Officer

Toronto, ON – August 6, 2024 – LifeSpeak Inc. ("**LifeSpeak**" or the "**Company**") (TSX: LSPK), the leading whole-person wellbeing solution for employers, health plans and other organizations, announced today that it has appointed Lee Dabberdt as its new Chief Financial Officer, effective August 5, 2024.

Ms. Dabberdt brings to LifeSpeak more than 25 years of financial and capital markets experience, including recently as Chief Accounting Officer at EverCommerce Inc. (NASDAQ: EVCM), a leading provider of SaaS solutions for small and medium-sized business.

At EverCommerce, Ms. Dabberdt was part of the company's leadership group for its IPO in 2021, and made ongoing, significant contributions to the company's organic growth and its M&A execution, resulting in substantial revenue expansion. Ms. Dabberdt also focused on driving the company's financial strategy and optimizing its operational efficiency.

Prior to EverCommerce, Ms. Dabberdt excelled in increasingly senior roles for a number of technology companies including Vertafore and Rogue Wave Software. She also spent 14 years at KPMG U.S. auditing public and private companies.

Ms. Dabberdt is a Certified Public Accountant (U.S.) and earned her MBA in accounting from the University of Colorado Denver.

"Lee's appointment strengthens our senior leadership team and will augment our ability to scale our business," said Michael Held, founder and CEO of LifeSpeak. "We believe that her deep and diverse experience will be crucial for the Company as we pursue growth initiatives that have the potential to create long-term shareholder value."

Lee Dabberdt commented, "I was drawn to the opportunity at LifeSpeak because I believe in the value that the Company's digital wellbeing services provides to its clients across the world. LifeSpeak has grown to become a world-class, trusted provider of mental, physical and family wellbeing solutions for employers, health plans, and other organizations. I am excited to become part of the team and contribute to LifeSpeak's success going forward."

Release Date for Second Quarter 2024 Results

LifeSpeak also announced today that it will release its second quarter 2024 financial results before market open on Wednesday, August 14, 2024.

The Company will subsequently hold a conference call to provide a business update on Wednesday, August 14, 2024, at 8:00 a.m. ET hosted by:

- Nolan Bederman, Executive Chairman
- Michael Held, CEO
- Lee Dabberdt, CFO

A question-and-answer session will follow the business update.

CONFERENCE CALL DETAILS

DATE:	Wednesday, August 14, 2024
TIME:	8:00 a.m. ET
DIAL-IN NUMBERS:	1.833.950.0062 or 1.833.470.1428
REFERENCE NUMBER:	525931

This live call is also being webcast and can be accessed by going to:

https://events.q4inc.com/attendee/398785728

An archived telephone replay of the call will be available for two weeks by dialing 1.226.828.7578 or 1.866.813.9403 and entering access code 714810.

About LifeSpeak Inc.

Celebrating 20 years of supporting wellbeing, LifeSpeak Inc. is the leading provider of mental, physical, and family wellbeing solutions for employers, health plans, and other organizations across the globe. With a suite of digital solutions, LifeSpeak enables organizations to deliver best-in-class content and human expertise at scale, catering to individuals throughout their wellbeing journeys. The LifeSpeak Inc. portfolio of solutions spans every pillar of wellbeing, including LifeSpeak Mental Health & Resilience, Wellbeats Wellness, Torchlight Parenting & Caregiving, ALAViDA Substance Use, and LIFT session Fitness. Insights from LifeSpeak Inc.'s digital and data-driven solutions empower organizations and individuals to take impactful action to strengthen wellbeing and maximize workplace performance. To learn more, follow LifeSpeak Inc. on LinkedIn, or visit http://www.LifeSpeak.com.

Forward-Looking Information

This press release may contain “forward-looking information” within the meaning of applicable Canadian securities laws. Forward-looking information may relate to the Company’s future business, financial outlook and anticipated events or results and may include information regarding the Company’s financial position, business strategy, growth strategies, addressable markets, budgets, operations, financial results, taxes, and the Company’s plans and objectives. In some cases, forward-looking information can be identified by the use of forward-looking terminology such as “plans”, “targets”, “expects” or “does not expect”, “is expected”, “an opportunity exists”, “budget”, “scheduled”, “estimates”, “outlook”, “forecasts”, “projection”, “prospects”, “potential”, “strategy”, “intends”, “anticipates”, “does not anticipate”, “believes”, or variations of such words and phrases or statements that certain actions, events or results “may”, “could”, “would”, “might”, “will”, “will be taken”, “occur” or “be achieved”. In addition, any statements that refer to expectations, intentions, projections or other characterizations of future events or circumstances contain forward-looking information. Particularly, information regarding the Company's expectations of future results, revenue growth, ARR, EBITDA, adjusted EBITDA margin, adjusted EBITDA, adjusted Net Income (Loss), adjusted Earnings (Loss), Number of Clients, Net Dollar Retention Rate, Logo Retention Rate, performance, synergies, achievements, prospects, industry trends, advancement of its strategy and acceleration of its growth, amortization, contribution of new clients to ARR, the amortization schedule and loan repayments, the among of senior indebtedness remaining, or opportunities, including for cross-selling, or the markets in which the Company operates is forward-looking information. In this press release, information regarding the scaling of the business, pursuit of growth initiatives, future shareholder value and the date of release of the Q2 financial statements constitutes forward-looking information. Statements containing forward-looking information are not historical facts but instead represent management's expectations, estimates and projections regarding possible future events or circumstances.

This forward-looking information is based on opinions, estimates, plans and assumptions in light of the Company's experience and perception of historical trends, current conditions and expected future developments, as well as other factors that the Company currently believes are appropriate and reasonable in the circumstances. Despite a careful process to prepare and review the forward-looking information, there can be no assurance that the underlying opinions, estimates, plans and assumptions will prove to be correct. These opinions, estimates, plans and assumptions include, but are not limited to, the following: the Company's ability to build its market share and enter new geographies; the total available market for its products; the Company's ability to retain key personnel; the Company's ability to maintain and expand geographic scope; the Company's ability to execute on its expansion plans; the Company's ability to continue investing in infrastructure to support its growth and brand recognition; the Company's ability to maintain its existing client base; the Company's ability to continue maintaining and enhancing its technological infrastructure and functionality of its platform; to the Company's ability to obtain financing on acceptable terms; the Company's ability to meet its amortization schedule in the future; decisions made by the Company's lenders; the Company's ability to effectively integrate its acquisitions; the Company's ability to generate sufficient cash to deleverage, the impact of competition; the changes and trends in the Company's industry or the global economy; and changes in laws, rules, regulations, and global standards.

The risks and uncertainties that may affect forward-looking statements include, among others: performance of the market sectors that the Company serves; general market performance including capital market conditions and availability and cost of credit; foreign currency and exchange risk; impact of factors such as increased pricing pressure and possible margin compression; the regulatory and tax environment; that expected cost and revenue synergies are not realized within the expected timeframe or at all; that revenue, ARR, EBITDA margin and cash flow expectations are not met for any number of reasons; political, labour or supplier disruptions; that our clients face recessionary pressures, and other risks detailed from time to time in the Company's filings with Canadian provincial securities regulators, including the risk factors which are described in greater detail under "Risk Factors" in the Company's most recently available annual information form. Although the Company has attempted to identify important risk factors that could cause actual results to differ materially from those contained in forward-looking information, there may be other risk factors not currently known to the Company or that the Company currently believes are not material that could also cause actual results or future events to differ materially from those expressed in such forward-looking information. There can be no assurance that such information will prove to be accurate, as actual results and future events could differ materially from those anticipated in such information.

Accordingly, prospective investors should not place undue reliance on forward-looking information. The forward-looking information contained in this press release represents the Company's expectations as of the date of this press release (or as the date it is otherwise stated to be made) and is subject to change after such date. However, the Company disclaims any intention or obligation or undertaking to update or revise any forward-looking information whether as a result of new information, future events or otherwise, except as required under applicable Canadian securities laws.

All of the forward-looking information contained in this press release is expressly qualified by the foregoing cautionary statements. Prospective investors should read this entire press release and consult their own professional advisors to ascertain and assess the income tax, legal, risk factors and other aspects of an investment in the Company.

For investor inquiries, please contact:

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