



Reliq Health
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NEWS RELEASE

Reliq Health Technologies, Inc. Signs Contracts with Five New Home Health Agencies in Texas

HAMILTON, ON, September 19, 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 signed new contracts with five home health agency clients in Dallas and Laredo, Texas.

“With these five new contracts Reliq continues to build on our momentum in Texas”, said Dr. Lisa Crossley, CEO of Reliq Health Technologies, Inc. “All five of these new clients have either already begun onboarding patients to our iUGO Care platform or will go live by the end of this month. The increasing demand for our remote patient monitoring solution in Texas, across the US and internationally is reflective of the global health crisis that uncontrolled chronic disease represents. According to the CDC, Texas Medicaid spends over \$1 Billion annually on diabetes-related medical care alone. Over 10% of all adults in Texas have diabetes and over 30% have hypertension. Simple interventions like engaging these patients in their own care and alerting the patient’s care team to early warning signs can help prevent complications, keeping patients out of the costly acute care setting. Helping patients manage their health in their own homes not only reduces healthcare costs but also preserves autonomy and independence, while providing peace of mind for families who want to respect and support their loved ones’ wishes to age in place.”

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. The iUGO Care platform integrates wearables, sensors, voice technology and intuitive mobile apps and desktop user interfaces for patients, clinicians and healthcare administrators. 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



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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.