

NEWS RELEASE

Reliq Health Technologies, Inc. to Present at the Gravitas 6th Annual Growth Conference

HAMILTON, ON, February 24, 2023 / - Reliq Health Technologies Inc. (TSXV:RHT or OTC:RQHTF or WKN:A2AJTB) (“Reliq” or the “Company”), a rapidly growing global healthcare technology company that develops innovative Virtual Care solutions for the multi-billion dollar Healthcare market, is pleased to announce it will be presenting at the Gravitas 6th Annual Growth Conference taking place at the Fairmont Pacific Rim Hotel on Thursday, March 2nd, 2023, in Vancouver, British Columbia.

Dr. Lisa Crossley, CEO at Reliq Health Technologies, Inc., is scheduled to present on Thursday, March 2nd, 2023, at 10:30am PST. Dr. Crossley will also be fielding investor questions, hosting individual investor meetings, and participating on a panel discussion during the one-day in-person conference. “Reliq has already made meaningful improvements to its business model over the first two months of 2023,” said Dr. Crossley. “The Company has made solid progress in reducing the time to adherence for new patients and in increasing the pace of collections, and we continue to add new clients and new patients at a rapid rate. We look forward to updating investors at the conference, as well as on our corporate quarterly webinar at 7:30am PST / 10:30am EST the same day.”

Gravitas’ 6th Annual Growth Conference will feature leaders at the forefront of their industries as well as investors from Canada, the United States, and abroad. For registration details or to submit a 1X1 meeting request, please visit: <https://web.cvent.com/event/bccb576f-35ce-4382-99c2-2c4e7c0291c7/summary>

Conference Details:

Event: Gravitas 6th Annual Growth Conference
Format: Presentations, Q&A, Panel Discussions, and 1X1 Meetings
Date: Thursday, March 2nd, 2023
Time: 8:30 AM PST – 4:20 PM PST
Venue: Held in-person at the Fairmont Pacific Rim Hotel

Reliq Health

Reliq Health Technologies is a rapidly growing global healthcare technology company that specializes in developing innovative Virtual Care solutions for the multi-billion dollar Healthcare market. Reliq’s powerful iUGO Care platform supports care coordination and community-based virtual 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, on the OTC as RQHTF and on the Frankfurt Stock Exchange under the WKN: A2AJTB.

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.