

BLUETUSKR JOINS FREMEDICA TO EXPAND LYME PROGRAM

VANCOUVER, BRITISH COLUMBIA – November 14th, 2022 – Frequency Exchange Corp. (the “Company”) (TSXV: FREQ) is pleased to announce that its wholly-owned subsidiary, FREmedica Technologies Inc. (“FREmedica”), a Canadian Wellness Company, announces that Bluetuskr has joined our team to build out the Lyme program throughout Europe and North America.



“We are beyond excited to join the FREmedica team and assist them with their marketing efforts. Wave 1 is not only a revolutionary product for people with Lyme disease, but this disease really hits close to home for our team members as well. So, being able to be a part of something that is genuinely helping people that struggle with this disease every day is an amazing opportunity while partnering with the rest of the FREmedica team is something we did not want to pass up.” Says President/Founder of Bluetuskr.

The BlueTuskr team will be developing and executing a cohesive marketing strategy for the Wave 1 and developing personalized experiences for all users and customers. They will be implementing a strong social media strategy across organic and paid efforts as well as a robust email marketing campaigns to further improve customer retention, develop the community around the Wave 1, and communicate FREmedica's mission. BlueTuskr will also be executing a full-scale content marketing strategy to improve on FREmedica's current SEO efforts as well as ensure that we not only become a thought leader in this category but that we'll be able to provide as much valuable content as necessary, so our users are given ~~them~~ all of the answers and insight they need.

“With these marketing efforts in place, we'll be able to introduce the Wave 1 to a much larger audience and begin to further expand on FREmedica's brand recognition while developing an engaged and passionate community. While we will be focused on executing a cohesive marketing plan to sustain FREmedica's growth, we are also looking forward to further introducing the Wave 1 to people who suffer from Lyme disease and helping them manage their symptoms.” Says Nicole Sullivan, President of FREmedica.

About BlueTuskr

BlueTuskr is a full-service marketing company that provides solutions for e-commerce brands that build deeper relationships with customers through in-depth analytics, transparency, and proven strategies. Through collective experiences, BlueTuskr's team of marketing experts takes on an all-encompassing approach. By rising to the challenges that e-commerce sellers face, BlueTuskr's specialists become a fully integrated marketing department that provides a seamless omnichannel experience and delivers results.
<https://bluetuskr.com/>

About the Company

The Company is a British Columbia-based company focused on the development and commercialization of a Frequency Delivery System you wear, that delivers a special package of frequencies designed for the health & wellness and performance enhancement markets worldwide. NIKKI is the fifth generation Frequency Delivery System released by the Company. It is the third wearable technology designed by the Company, initially to deliver frequencies to help clients with chronic Lyme disease. The technology combined with the frequencies is the result of years of development and experimentation with the latest in bio-energetic technology.



www.Fremedica.com

www.WeAreNikki.com

www.FrequencyExchangeCorp.com

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Cautionary Note Regarding Forward-Looking Information

Certain information contained herein constitutes "forward-looking information" under Canadian securities legislation. Forward-looking information includes, but is not limited to, statements with respect to the trading date of the Company's common shares on the Exchange. Generally, forward-looking information can be identified by the use of forward-looking terminology such as "will" or variations of such words and phrases or statements that certain actions, events or results "will" occur. Forward-looking statements are based on the opinions and estimates of management as of the date such statements are made and they are subject to known and unknown risks, uncertainties and other factors that may cause the actual results to be materially different from those expressed or implied by such forward-looking statements or forward-looking information. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Readers should not place undue reliance on forward-looking statements and forward-looking information. The Company will not update any forward-looking statements or forward-looking information that are incorporated by reference herein, except as required by applicable securities laws.

Additional information identifying risks and uncertainties is contained in filings by the Company with the Canadian securities regulators, which filings are available under the Company's profile on SEDAR at www.sedar.com.

Neither the Exchange nor its Regulation Services Provider (as that term is defined in policies of the Exchange) accepts responsibility for the adequacy or accuracy of this release.