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160 Health International Limited
健康160国际有限公司
(Incorporated in the Cayman Islands with limited liability)
(Stock Code: 2656)

DATE OF BOARD MEETING

The board (the "**Board**") of directors (the "**Directors**") of 160 Health International Limited (the "**Company**", and together with its subsidiaries and consolidated affiliated entities, the "**Group**") hereby announces that a meeting of the Board will be held on Monday, 29 September 2025 for the purpose of, among other matters, approving the interim report of the Group for the six months ended 30 June 2025 and its publication.

By order of the Board
160 Health International Limited
Mr. LUO Ningzheng
Chairman of the Board, Executive Director
and Chief Executive Officer

Hong Kong, 19 September 2025

As of the date of this announcement, the Board comprises (i) Mr. LUO Ningzheng, Mr. JI Cuilin, Mr. HUANG Lang and Mr. WANG Lifa as executive Directors; (ii) Mr. ZHANG Ruxie and Ms. SUN Meng as non-executive Directors; and (iii) Mr. ZOU Jun, Dr. XU Weiguo and Dr. FAN Ming as independent non-executive Directors.