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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 Friday, March 27, 2026 for the purpose of, among other matters, considering and approving the annual results of the Group for the year ended December 31, 2025 and its publication, and considering the recommendation for payment of a final dividend, if any.

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

Hong Kong, March 17, 2026

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. LIU Haibin and Ms. SUN Meng as non-executive Directors; and (iii) Mr. WANG Huan, Dr. XU Weiguo and Dr. FAN Ming as independent non-executive Directors.