

Trellus Health plc
("Trellus Health" or the "Company")

Issue of Equity

LONDON, UK. AND NEW YORK, U.S. (20 December 2021). Trellus Health plc (AIM: TRLS), which is commercialising a scientifically validated, resilience-based, connected health solution for chronic condition management, announces that it has issued and allotted 33,333 ordinary shares of 0.06 pence each in the share capital of the Company ("Ordinary Shares") following an exercise of options. The exercise price was \$0.20 per Ordinary Share.

Application has been made to the London Stock Exchange for the new Ordinary Shares to be admitted to trading on AIM. It is expected that admission of the 33,333 new Ordinary Shares to trading on AIM will become effective on, or around, 24 December 2021 ("Admission").

Upon Admission, the issued Ordinary Shares will rank pari passu in all respects with the existing issued Ordinary Shares of the Company and will trade in the Company's existing restricted line of Ordinary Shares under the symbol TRLS and ISIN GB00BNNFM402. The Shares may not be offered or sold or otherwise transferred in the absence of registration under the US Securities Act, unless the transaction is exempt from, or not subject, to the registration requirements of the US Securities Act and that resales or reoffers of the Shares made offshore in reliance on Regulation S (of the US Securities Act) may not be offered or sold to, or for the account or benefit of, US Persons during the Distribution Compliance Period. Sales of existing shares to non-US persons made in accordance with Regulation S may continue to be made. Further information can be found in the Company's admission document, available via <https://trellushealth.com/investors/documents-and-presentations>.

Total voting rights

Following Admission, the Company will have 161,508,333 Ordinary Shares in issue with each share carrying the right to one vote. The Company has no Ordinary Shares held in treasury. The total number of voting rights in the Company following Admission will therefore be 161,508,333.

For further information please contact:

Trellus Health plc
Monique Fayad, CEO
Julian Baines, Chairman

www.trellushealth.com
Via Walbrook PR

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About Trellus Health plc (www.trellushealth.com)

Trellus Health (LSE: TRLS) is a leading pioneer in resilience-driven care and the first digital health company focused on the intersection of chronic physical conditions and mental health. Trellus Health's digital-first chronic care management solution integrates convenient access to a licensed multidisciplinary care team with a suite of tools for resilience assessment, education and behavior modification, remote monitoring, health maintenance and prevention. Through its TrellusElevate™ connected care platform and companion App, the company enables coordination and delivery of expert whole-person care, addressing both clinical and behavioral health together, in context, to improve outcomes and reduce healthcare costs for patients, employers, and the healthcare system.

Trellus Health is commercialising the provision of digital chronic condition management solutions for employers and health plans that utilise the scientifically validated resilience-based methodology and a proprietary HIPAA-compliant technology platform called TrellusElevate™ to coordinate and deliver personalised care remotely via telehealth. The Company is initially focused on Inflammatory bowel disease ("**IBD**"), which includes the chronic incurable conditions of Crohn's Disease and ulcerative colitis, but considers its approach to have potential utility and demand across many chronic conditions.

The TrellusElevate™ platform is the Company's proprietary connected health platform that incorporates the proprietary methodology and learnings on resilience from clinical research and practice conducted at the Mount Sinai IBD Center for more than five years. The proprietary methodology and resilience-driven multidisciplinary care model have been scientifically validated to demonstrate meaningful improvements in patient outcomes and over 85 per cent. reduction in unplanned healthcare utilisation (emergency department visits and hospitalisations) which the directors of the Company believe indicates the potential for significant cost savings for healthcare payers.

The company was founded by Dr. Marla C. Dubinsky, MD and Dr. Laurie Keefer, PhD, both with decades of combined experience in IBD and psychogastroenterology, respectively. Trellus Health's patent-pending GRITT™ resilience assessment and personalized treatment methodology was developed and validated at the Mount Sinai Health System to build resilience and wellness for improved outcomes at lower cost.

Shares in Trellus Health were admitted to trading on AIM in May 2021, under the ticker TRLS. For more information on Trellus Health, visit www.trellushealth.com

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