

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

**Directorate Change**

**LONDON, UK. AND NEW YORK, U.S. (4 January 2022).** Trellus Health plc (AIM: TRLS), which is commercialising a scientifically validated, resilience-based, connected health solution for chronic condition management, announces that Niyum Gandhi has informed the Board that due to his commitment to his new role as Chief Financial Officer and Treasurer at Mass General Brigham (Boston, MA) he is unable to continue as a Non-Executive Director of the Company, and has stepped down with immediate effect. The Company will commence a search for a new Non-Executive Director and a further update will be made as appropriate.

**Monique Fayad, CEO of Trellus Health, said:** *"We are deeply grateful for Niyum Gandhi's contribution and commitment to the Trellus Health Board since the Company's inception. In his role as Chief Population Health Officer at the Mount Sinai Health System, Niyum understood the profound need for healthcare innovations to improve multidisciplinary care access for chronic and underserved populations. We benefited greatly from his expertise, insights and industry relationships."*

**For further information please contact:**

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**About Trellus Health plc** ([www.trellushealth.com](http://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. A direct-to-consumer (DTC) offering is also being devised for IBD, allowing patients to pay directly or submit claims for insurance reimbursement utilising existing procedural codes.

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](http://www.trellushealth.com)

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