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

Appointment of Chief Financial Officer

LONDON, U.K. AND NEW YORK, U.S. (1 August 2022). Trellus Health plc (AIM: TRLS), which is commercializing a scientifically validated, resilience-based, connected health solution for chronic condition management, announces the appointment of Stephen ("Steve") Young as Interim Chief Financial Officer, with immediate effect.

An experienced finance director and a member of the Chartered Institute of Management Accountants (CIMA), Steve is taking over the role from Richard Evans, whose interim contract has completed. Steve joins Trellus in a non-Board capacity, and will work alongside Dr. Marla Dubinsky, CEO, Salim Hamir, Company Secretary and Aled Stevenson, COO.

Steve has prior CFO experience at AIM-listed companies, having held the position at both Pure Wafer plc and British Biocell International (formerly BBI Holdings plc). Steve joins Trellus from Axiom Manufacturing Limited, a contract electronic manufacturer, where he served as CFO and Company Secretary, and Greeve Limited, where he served as a Director from 2016 to 2022.

Julian Baines, Non-executive Chairman, said: *"We are delighted to welcome Steve to Trellus Health; Steve has previously served as Chief Financial Officer for AIM-listed companies, and this experience will be valuable to the Company going forward. I would like to repeat our thanks to Richard Evans for his contribution to the Company, following the completion of his contract earlier this month."*

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About Trellus Health plc (www.trellushealth.com)

Trellus Health (LSE: TRLS) is the first digital health company focused on the intersection of chronic physical conditions and mental health. Trellus Health integrates its proprietary resilience-based methodology with the technology, tools and team to deliver a whole-person technology-enhanced experience that

results in relieving disease burden and promoting individual health behaviors that enable thriving in the face of a chronic condition. Through its TrellusElevate™ connected care platform and companion App, the company addresses both clinical and behavioral health together, in context, to improve outcomes and reduce healthcare costs for patients, employers, and the healthcare system.

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, including Irritable Bowel Syndrome ("IBS").

The TrellusElevate™ platform is the Company's proprietary connected health platform that incorporates the GRITT™ methodology and learnings on resilience from clinical research and practice conducted at the Mount Sinai IBD Center for more than five years. This proprietary, resilience-driven methodology has been scientifically validated to demonstrate meaningful improvements in patient outcomes, 71% reduction in Emergency Department (A&E) visits, and 94% reduction in unplanned hospitalisations, which the directors of the Company believe indicates the potential for significant cost savings for healthcare payers. IBD patients treated using the methodology also experienced a 49% reduction in required opioid use and a 73% reduction in corticosteroid use 12 months following program completion

(source: <https://www.sciencedirect.com/science/article/pii/S1542356521012258>).

The Company was founded by Mount Sinai faculty members 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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