

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

Marla Dubinsky named a recipient of 2022 Sherman Prize

LONDON, U.K. AND NEW YORK, U.S. (26 September 2022). Trellus Health plc (AIM: TRLS), which is commercializing a scientifically validated, resilience-based, connected health solution for chronic condition management, announces that its Chief Executive Officer and Co-Founder, Dr. Marla Dubinsky, has been named as a recipient of the 2022 Sherman Prize.

The Sherman Prize is a prestigious national award, each year recognising two IBD clinicians, surgeons, researchers and/or academics across the United States with extraordinary track records of achievement, making exceptional and pioneering contributions that transform IBD care.

Dr. Dubinsky has been recognised for her career as an internationally recognized leader in pediatric IBD, breaking down barriers to help her youngest patients to regain normal childhoods, as well as her work in developing the resilience-based methodology at the Mount Sinai IBD Center that formed the basis of Trellus Health.

The 2022 Sherman Prize recipients will be recognized on 6 December 2022, during the Advances in IBD (AIBD) annual conference.

For more information about the Sherman Prize and the other recipient, please visit: www.shermanprize.org/

Dr. Marla Dubinsky, Chief Executive Officer of Trellus Health, said: "*I am grateful to have been selected by the selection committee to be a recipient of this year's Sherman Prize. There are so many clinicians, researchers and academics across the country who are doing incredible work to better the lives of those with Crohn's disease and ulcerative colitis, so to be recognized in this way is a great honor.*

"Our resilience training provides IBD patients with tools that empower them to manage adversity so they can create balance in their mind and body. Our whole-person methodology is something that has previously been missing in the collective approach to helping patients manage their conditions, and I believe that Trellus represents a paradigm shift in the way that we support patients with chronic disease. Our goal is to make this resource available to

change the lives of as many patients as possible, and to help create a world where every person with a chronic condition has hope and thrives."

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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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NRAFZGZLRDMGZZG Anonymous (not verified) Marla Dubinsky a recipient of 2022 Sherman Prize
<http://www.DigitalLook.com>
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