

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

Two contracts signed with Mount Sinai

*IBD self-management solution funded for Mount Sinai Health System employees
and members of large NY state labor union*

LONDON, U.K. AND NEW YORK, U.S. (17 October 2022). Trellus Health plc (AIM: TRLS), which is commercializing a scientifically validated, personalized resilience-driven self-management solution for chronic health conditions which addresses the intersection of chronic illness with mental health, announces that it has signed two contracts with the Mount Sinai Health System ("Mount Sinai") to provide access to the *Trellus Resilience Training and Self-Management Program* for Inflammatory Bowel Disease (the "Trellus IBD program").

The first contract will see Mount Sinai make the Trellus IBD program available to, and paid for, as a wellness benefit, to all Mount Sinai Health System employees, focusing initially on Inflammatory Bowel Disease ("IBD"), including Crohn's Disease, and Ulcerative Colitis. Mount Sinai has a robust employee wellness program which is offered free of charge to all faculty and staff. The second contract is to make the Trellus IBD program available to eligible patients, again as a wellness benefit, who are members of a large NY state labor union, which provides health services and benefits to its members through Mount Sinai.

These contracts support the Company's strategy of accessing patients to expand the rollout of its solution.

Dr. Marla Dubinsky, Chief Executive Officer of Trellus Health, said: *"As announced in our recent half-year report, Trellus has been making significant progress in advancing our B2B2C strategy and I am delighted that we have signed these contracts with such a prestigious partner as Mount Sinai. We believe that these contracts reflect the importance of our solution to healthcare providers and employers who want to empower their patients and employees to master the art of self-management, manage their chronic conditions with confidence, and improve health outcomes at a significantly lower cost."*

"Trellus represents a paradigm shift in the way that we support patients with chronic health condition incorporating a whole-person methodology that has, to date, been missing from the collective approach. These contracts with Mount Sinai will support our commercial goals of adding more patient members to the Trellus programs through increased access."

About the Trellus IBD program

Trellus Health is pioneering a scientifically validated, personalized resilience-driven self-management solution for chronic health conditions which addresses the

intersection of chronic illness with mental health, estimated to cost the US economy \$3.7 trillion annually.¹ Trellus's approach transforms chronic condition management and changes the lives of patients living with debilitating, incurable conditions, initially focused on IBD, including Crohn's Disease and ulcerative colitis, and shortly IBS, but with potential utility and demand across many chronic conditions.

The Trellus IBD program is a self-management solution driven by personalized resilience training. The program empowers and enables members to manage their condition by teaching them to set goals, actively identify challenges and solve problems associated with their condition, driving a change of health behavior to deliver improved outcomes and health status at lower cost.

Patients with IBD face many challenges which are common across many chronic conditions: the management of complex medication regimens, dealing with symptoms and disability, monitoring physical indicators, maintaining proper levels of nutrition, adjusting to the psychological and social demands including difficult lifestyle adjustments, as well as engaging in effective interactions with health providers.

Trellus's personalized resilience-driven self-management training programs are designed specifically for people looking to overcome these challenges. The aim is to provide better quality patient outcomes at a lower cost to health plans and employers, and the proprietary resilience method has been proven to reduce unplanned hospitalizations by 94% at the Mount Sinai IBD Center, New York, NY.²

The Trellus IBD program described is based on technology developed by Mount Sinai faculty and licensed to Trellus Health. Mount Sinai and Mount Sinai faculty, including Marla Dubinsky, MD, and Laurie Keefer, PhD, have a financial interest in Trellus Health. Mount Sinai has representation on the Trellus Health Board of Directors.

For further information please contact:

Trellus Health plc

Julian Baines, Non-executive Chairman
Dr. Marla Dubinsky, Chief Executive Officer
Steve Young, Chief Financial Officer

<https://trellushealth.com/>

Via Walbrook PR

Singer Capital Markets (Nominated Adviser and Broker) Tel: +44 (0)20 7496 3000

Aubrey Powell / Jen Boorer

Walbrook PR

Paul McManus / Sam Allen / Phillip Marriage

Tel: +44 (0)20 7933 8780 or trellus@walbrookpr.com

Mob: +44 (0)7980 541 893 / 7748 651 727 / 7867 984 082

About Trellus Health plc (www.trellushealth.com)

Trellus Health (LSE: TRLS) is the first resilience based digital health company focused on the intersection of chronic illness 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, building self-management skills and promoting individual health behaviors that enable thriving in the face of a chronic condition. Through its TrellusElevate™ connected health platform and companion App, the company addresses both physical and behavioral health together, in context, to improve outcomes and reduce healthcare costs across the healthcare ecosystem.

The Company is initially focused on Inflammatory bowel disease ("IBD"), which includes the chronic incurable conditions of Crohn's Disease and ulcerative colitis,

and shortly Irritable Bowel Syndrome ("IBS"), but, given the common struggles of self-management, 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 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. Patients with IBD treated using the methodology also experienced a 49% reduction in required opioid use and a 73% reduction in corticosteroid use 12 months following starting the program².

The Company was founded by Mount Sinai faculty members Marla C. Dubinsky, MD and Laurie Keefer, PhD, both with decades of combined experience in IBD and psychogastroenterology, respectively. Trellus Health's patent-pending GRITT™ resilience assessment and personalized resilience training 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

- 1) Source: <https://www.cdc.gov/chronicdisease/about/costs/index.htm>)
- 2) Source: <https://www.sciencedirect.com/science/article/pii/S1542356521012258>).

This information is provided by RNS, the news service of the London Stock Exchange. RNS is approved by the Financial Conduct Authority to act as a Primary Information Provider in the United Kingdom. Terms and conditions relating to the use and distribution of this information may apply. For further information, please contact rns@lseg.com or visit www.rns.com.

RNS may use your IP address to confirm compliance with the terms and conditions, to analyse how you engage with the information contained in this communication, and to share such analysis on an anonymised basis with others as part of our commercial services. For further information about how RNS and the London Stock Exchange use the personal data you provide us, please see our [Privacy Policy](#).

END

CNTBRBDGGBDGDGS Anonymous (not verified) Two contracts signed with Mount Sinai
<http://www.DigitalLook.com>
33036322 A Mon, 10/17/2022 - 07:00 LSE RNS Company Announcement - General TRLS