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

**Trellus Health plc Announces Agreement with US Health Plan**

**LONDON, U.K. AND NEW YORK, U.S. (28 February 2024).** Trellus Health plc (AIM: TRLS) is a digital health company that is providing scientifically validated, innovative value-based solutions and services for chronic health conditions at their intersection with mental health co-morbidities, prioritizing improved outcomes while managing costs of care.

The Company has signed an agreement with a large US health plan, focused on Inflammatory Bowel Disease ("IBD") condition management. The agreement is intended to run for up to twenty-one (21) months, during which time members of the health plan with IBD that are receiving care in two US states will be eligible for inclusion in the Trellus Elevate? IBD program.

**For further information please contact:**

**Trellus Health plc**

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*This announcement contains inside information for the purposes of the retained UK version of the EU Market Abuse Regulation (EU) 596/2014 ("UK MAR").*

**About Trellus Health plc ([www.trellushealth.com](http://www.trellushealth.com))**

Trellus Health (AIM:TRLS) is the first clinically-proven digital health company targeting the intersection of chronic illness and mental health. Trellus Health integrates its proprietary resilience-based methodology with the technology, tools, and expert coaching and educator team to deliver Trellus Elevate?, a whole-person technology-enhanced experience that empowers individuals to master their health and results in relieving disease burden, building self-management skills and promoting positive health behaviors that improves outcomes and enables thriving in the face of a chronic condition.

The Company's proven whole person approach recognizes the interconnectedness of various aspects of a person's life and aims to address the whole spectrum of factors that influence behavior. By looking at all aspects of an individual, the Company not only treats symptoms but promotes comprehensive well-being and human flourishing. Trellus Health addresses behavior change with a combination of technology, interventions, education, and support mechanisms designed to empower individuals to take an active role in managing and mastering their health and sustain positive lifestyle modifications and resilient health-related behaviors. By bringing these components together, Trellus Elevate? promotes positive change in individual behaviors and enhancing provider quality metrics in a way that aligns with value-

based care. Our approach enables better health outcomes in a member-centric, personalized and holistic comprehensive solution.

The Company was founded by Mount Sinai faculty members Marla C. Dubinsky, MD and Laurie Keefer, PhD, both experts at treating and healing both the physical and emotional impacts of IBD and IBS and have been innovators for whole person healthcare for a combined 50 years.

The Company is initially focusing on chronic costly GI conditions that have high mental health burden, like inflammatory bowel disease ("IBD") which includes the chronic incurable conditions of Crohn's Disease and ulcerative colitis and Irritable Bowel Syndrome ("IBS"). Given the common emotional and mental health struggles often experienced by individuals suffering from a variety of chronic conditions, Trellus Health considers its approach to be agnostic, having potential utility and demand across many conditions.

The Trellus Elevate? program incorporates the GRITT? methodology and learnings on resilience from clinical research and practice conducted at the Mount Sinai IBD Center for more than seven 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 and health systems. Patients with IBD managed with the proprietary resilience methodology also experienced a 49% reduction in required opioid use and a 73% reduction in corticosteroid use 12 months following starting the program which is a major indicator of improved health outcomes<sup>1</sup>.

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)

<sup>1</sup>Source: <https://www.sciencedirect.com/science/article/pii/S1542356521012258>

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