



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

Directorate Change

LONDON, U.K. AND NEW YORK, U.S. (19 September 2024). Trellus Health plc (AIM: TRLS), a healthcare company delivering innovative, scientifically validated programs and technologies designed to facilitate the better management of chronic conditions, improve health outcomes and lower the costs of care, announces the appointment of Brian Griffin as Non-Executive Director with immediate effect.

Mr Griffin is an experienced healthcare executive with over 40 years of senior leadership and operational experience in various healthcare sectors, including at multiple Fortune 500 companies, with particular expertise in managed care. He currently serves as Chief Executive Officer for Advanced Dermatology and Cosmetic surgery, a leading physician-led dermatology practice in the United States, with more than 150 offices in 14 states.

Prior to this, Mr Griffin served as Chairman and Chief Executive Officer at Diplomat Pharmacy Inc. (NYSE: DPLO), the largest independent specialty pharmacy and pharmacy benefit manager in the United States, until it was acquired by Optum Rx, a subsidiary of UnitedHealth Group, in February 2020. Mr Griffin also spent over five years at Anthem, Inc. (now called Elevance Health), an American health insurance provider, where he led their \$40bn+ revenue Commercial and Speciality businesses, including Anthem's 14 national Blue Cross and Blue Shield Plans. Previously, Brian also spent 25 years at Medco Health Solutions, later Merck Medco, from 1988, where he was appointed to senior executive roles at several Medco subsidiaries, and he led the creation of Medco's international business.

As part of his role, Brian will also serve as Chair of the Audit Committee.

Dr. Marla Dubinsky, Chief Executive Officer of Trellus Health, said: *"I am very pleased to welcome Brian to the Board of Trellus Health. Brian has extensive experience across the US managed care industry, particularly in the managed care and speciality pharmacy segments, gained over the course of his career, which is the exact skillset that we have been looking to appoint on our Board. This makes him a great fit for us as we build commercial traction and aim to improve the lives of as many people living with IBD and other chronic conditions as possible."*

Brian Griffin, Non-Executive Director of Trellus Health, said: *"I am passionate about services that can improve patient outcomes and lower the costs of care, and Trellus Health's solution has been proven to achieve both. I believe my experience within managed care and pharmacy sectors can help the Company as it continues to commercialise its approach to chronic condition management, and I look forward to working with the rest of the Board."*

Regulatory Disclosures

Save for the information set out above and below, there are no further disclosures to be made in accordance with Rule 17, Schedule Two (g) of the AIM Rules for Companies in respect of the appointment of Mr Brian Thomas Griffin, aged 65.

Current Directorships

Advanced Dermatology & Cosmetic Surgery, Inc.
Nimble Health, LLC
Nox Health Group, Inc.
YourCoach, Inc.
LucyRx

Past Directorships (previous 5 years)

Diplomat Pharmacy, Inc.
CRH Medical Corporation
Healthcare Services Acquisition Corporation
Visiting Nurses Association Health Group

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Trellus Health plc

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About Trellus Health plc (www.trellushealth.com)

Trellus Health (AIM: TRLS) is a healthcare company providing value-based innovative solutions and services for chronic condition management that prioritises improved outcomes and member experiences while managing costs of care.

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 meets each individual's unique needs and empowers them to master their physical and emotional health. Trellus Elevate's™ clinically proven solutions result in relieving disease burden, building self-management skills and promoting positive health behaviours that improve outcomes and enables thriving in the face of a chronic condition.

The Company's proven whole person approach recognises the interconnectedness of various aspects of a person's life and aims to address the whole spectrum of factors that influence behaviour, to promote comprehensive well-being and human flourishing in a way that aligns with value-based care. Trellus Health's approach enables better health outcomes in a member-centric, personalised and comprehensive holistic 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 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, such as inflammatory bowel disease ("IBD") which includes the chronic incurable conditions of Crohn's Disease and ulcerative colitis. 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 have 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 outcomes¹.

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

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

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