



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

Directorate Change

LONDON, U.K. AND NEW YORK, U.S. (6 February 2023) Trellus Health plc (AIM: TRLS), which is commercializing a scientifically validated, personalized resilience-driven self-management solution for chronic health conditions at their intersection with mental health, announces that Non-Executive Chairman, Julian Baines, will stand down from the Board with immediate effect, following the announcement this morning of his appointment as Executive Chairman of EKF Diagnostics Holdings plc (AIM: EKF).

In addition, Dr Daniel Mahony, Senior Independent Non-Executive Director, will become Non-Executive Chairman with immediate effect.

Dan has over 25 years of experience within global healthcare covering biotechnology, medical technology and healthcare services. Dan was appointed as Entrepreneur-in-Residence at Evotec (UK) Limited in October 2021 and is responsible for the EVOequity investment portfolio. Prior to joining Evotec, he was Co-Head of Healthcare at Polar Capital where he launched the healthcare business in 2007, growing it to over \$4 billion of assets under management. Dan was formerly head of European healthcare research at Morgan Stanley, an analyst at ING Barings Furman Selz in New York and a postdoctoral scientist at DNAX Research Institute in Palo Alto.

Dan chairs the Board of the BioIndustry Association (BIA), the industry trade association for UK life sciences, and holds non-executive directorships at the Wellcome Sanger Institute (a world leading genomics research centre), Sernova (a Canadian TSX-listed cell therapy company), Curexsys (a German privately-held biotechnology company) and Keepabl (a UK based, privately-owned provider of SaaS solutions for GDPR compliance). In 2022, he was appointed as the Life Sciences Investment Envoy by the UK Government.

Julian Baines, outgoing Non-Executive Chairman, said: "I am sad to relinquish my responsibilities at Trellus Health as a result of the new short-term role I am taking on at EKF and the commitment that requires. Having worked with Dan for some time I have no doubt that I am handing over the Chairmanship to a very capable and experienced specialist in the healthcare sector."

Dr Daniel Mahony, Non-Executive Chairman, said: "We are very grateful to Julian for his contribution to the Company, from his early involvement in providing investment from EKF, through his guidance during the AIM IPO in May 2021, and beyond to the more recent commercial progress that we're now seeing. We wish Julian the very best in his new role at EKF and thank him for his support for Trellus Health over the last three years."

For further information please contact:

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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>).

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