



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

**Posting of Annual Report & Accounts  
and  
Notice of Annual General Meeting**

**LONDON, UK. AND NEW YORK, U.S. (26 May 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, confirms that the Annual Report and Accounts for the year ended 31 December 2022 ("2022 Annual Report") and the Notice of the 2023 Annual General Meeting ("AGM") have now been published on the Company's website [here](#).

The 2022 Annual Report, the Notice of AGM and details for voting by proxy will be posted to shareholders today, on 26 May 2023.

The AGM will be held at 12:30pm on 22 June 2023 at 6 Stratton Street, London, W1J 8LD, and will consider the Resolutions set out in the Notice of AGM.

**Proxy voting**

Shareholders will not receive a hard copy form of proxy for the 2023 AGM in the post. Instead, shareholders will be able to vote electronically using the link [www.signalshares.com](http://www.signalshares.com). Proxy votes must be received no later than 12:30pm on 20 June 2023.

Shareholders may request a hard copy form of proxy directly from the Registrars, Link Group, on Tel: 0371 664 0300. Calls are charged at the standard geographic rate and will vary by provider. Calls outside the United Kingdom will be charged at the applicable international rate. Lines are open between 09:00 - 17:30, Monday to Friday excluding public holidays in England and Wales.

**For further information please contact:**

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**About Trellus Health plc ([www.trellushealth.com](http://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 behaviours 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 behavioural health together, in context, to improve outcomes and reduce healthcare costs across the healthcare ecosystem.

The Company was initially focused on inflammatory bowel disease ("IBD"), which includes the chronic incurable conditions of Crohn's Disease and ulcerative colitis but has now added Irritable Bowel Syndrome ("IBS"). Given the common struggles of self-management, Trellus Health 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 GRIT™ 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 program<sup>2</sup>.

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 GRIT™ 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](http://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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