



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

Grant of Share Options

LONDON, U.K. AND NEW YORK, U.S. (5 March 2024) Trellus Health plc (AIM: TRLS), a health services company delivering innovative, scientifically validated programs and technologies that facilitate the comprehensive management of chronic conditions, improving health outcomes whilst managing costs of care, announces that the Board has granted options over a total of 2,000,000 ordinary shares of £0.0006 each in the capital of the Company (the "Share Options") to the following PDMRs:

Name	Position	Options granted
Marla Dubinsky	Chief Executive Officer	500,000
Joy Bessenger	Chief Financial Officer (non-Director)	1,500,000

The Share Options, which have been issued in line with the Company's existing share option plan, have an exercise price of 14p per ordinary share.

Both of these options would vest and become exercisable as to one third in 12 months of the grant date and in eight (8) equal quarterly instalments thereafter, of which the first instalment shall vest three months after the first anniversary of the grant date and the eighth shall vest 36 months after the grant date, save that the option shall be exercisable in full in connection with a Change of Control.

For further information please contact:

Trellus Health plc
Dr. Marla Dubinsky, CEO and Co-Founder
Dr. Daniel Mahony, Chairman

<https://trellushealth.com/>
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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)

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 behaviours that improve 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 behaviour. 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 behaviours. By bringing these components together, Trellus Elevate™ promotes positive change in individual behaviours 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

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.sciencedirect.com/science/article/pii/S1542356521012258>

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Marla Dubinsky				
2	Reason for the notification					
a)	Position/status	Chief Executive Officer (Director)				
b)	Initial notification /Amendment	Initial notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	Trellus Health plc				
b)	LEI	2138002FHWJSR8YKP295				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument	Options over ordinary shares of £0.0006 each in the Company				
	Identification code	GB00BNNFM402				
b)	Nature of the transaction	Grant of options over shares				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>£0.14</td> <td>500,000</td> </tr> </tbody> </table>	Price(s)	Volume(s)	£0.14	500,000
Price(s)	Volume(s)					
£0.14	500,000					
d)	Aggregated information					
	- Aggregated volume	N/A				
	- Price	N/A				
e)	Date of the transaction	4 March 2024				
f)	Place of the transaction	Outside of trading venue - off market				

1	Details of the person discharging managerial responsibilities / person closely associated	
a)	Name	Joy Bessenger
2	Reason for the notification	
a)	Position/status	Chief Financial Officer (Not a director)
b)	Initial notification /Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Trellus Health plc
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	- Aggregated volume	N/A	
	- Price	N/A	
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