



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

**Notice of Results**  
*Investor Presentation*

**LONDON, U.K. AND NEW YORK, U.S. (16 April 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 it expects to report its final results for the year ended 31 December 2023 on Tuesday 23 April 2024.

*Investor Presentation*

Dr. Marla Dubinsky, CEO and Co-Founder, and Joy Bessenger, Chief Financial Officer, will provide a live presentation relating to the final results via Investor Meet Company on Wednesday 24 April 2024 at 4.00pm (BST).

The presentation is open to all existing and potential shareholders. Questions can be submitted pre-event via your Investor Meet Company dashboard up until 9am the day before the meeting or at any time during the live presentation.

Investors can sign up to Investor Meet Company for free and add to meet Trellus Health plc via:  
<https://www.investormeetcompany.com/trellus-health-plc/register-investor>

Investors who already follow Trellus Health plc on the Investor Meet Company platform will automatically be invited.

**For further information please contact:**

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

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

Trellus Health (AIM: TRLS) is a health services 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 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)

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

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