

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

**Grant of Share Options**

**LONDON, U.K. AND NEW YORK, U.S. (23 April 2025)** Trellus Health® plc (AIM: TRLS), a healthcare company delivering Trellus Elevate®, a digital platform that integrates data analytics with personalised, scientifically proven resilience programs and value-based solutions to manage complex chronic conditions, announces that the Board has granted options over a total of 1,000,000 ordinary shares of £0.0006 each in the capital of the Company (the "Share Options") to the following PDMRs:

Name	Position	Options granted	Total Options Held Post Issue
Marla Dubinsky	Chief Executive Officer	500,000	1,000,000
Joy Bessenger	Chief Financial Officer (non-Director)	500,000	2,000,000

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.

The Share Options 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

**For further information please contact:**

**Trellus Health plc** <https://trellushealth.com/>  
Dr. Marla Dubinsky, Chief Executive Officer and Co-  
Founder **Via Walbrook PR**  
Joy Bessenger, Chief Financial Officer

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Alice Woodings **Mob: +44 (0)7980 541 893 / +44 (0)7584 391 303 /**  
**+44 (0)7407 804 654**

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

Trellus Health® (AIM: TRLS) is a healthcare company providing value-based innovative solutions and services, helping people with chronic conditions take control of their health through a proven, scientifically validated self-management solution and continuous, personalised support. Trellus Health's approach empowers patients to better navigate the emotional and physical challenges of their conditions, leading to significant cost savings, enhanced treatment adherence, and long-term, sustainable health outcomes.

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 condition management platform. The Company is initially focusing on chronic costly GI conditions that have a high mental health burden, such as Inflammatory Bowel Disease (IBD). Among IBD patients, applying Trellus Elevate resulted in over 90% fewer hospitalisations and a reduction of over 70% in emergency room visits. Given the common emotional and mental health struggles associated with a variety of chronic conditions,

Trellus Health considers its approach to have potential utility and demand across many conditions.

Trellus Health also offers a seamless solution for pharmaceutical partners from clinical trials to commercialisation, harnessing resilience-based methods to drive both trial and patient support success by empowering patients to stay engaged, adhere to their treatment, and manage their health confidently.

The Company was founded by Mount Sinai faculty members Marla C. Dubinsky, MD and Laurie Keefer, PhD, both world-leading 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.

Shares in Trellus Health were admitted to trading on AIM in May 2021, under the ticker TRLS. For more information, visit: [www.trellushealth.com](http://www.trellushealth.com)

<b>1</b>	<b>Details of the person discharging managerial responsibilities / person closely associated</b>					
a)	Name	Marla Dubinsky				
<b>2</b>	<b>Reason for the notification</b>					
a)	Position/status	Chief Executive Officer (Director)				
b)	Initial notification /Amendment	Initial notification				
<b>3</b>	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>					
a)	Name	Trellus Health plc				
b)	LEI	2138002FHWJSR8YKP295				
<b>4</b>	<b>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</b>					
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"><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>£0.14 exercise price</td><td>500,000</td></tr></table>	Price(s)	Volume(s)	£0.14 exercise price	500,000
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£0.14 exercise price	500,000					
d)	Aggregated information					
	- Aggregated volume	N/A				
	- Price	N/A				
e)	Date of the transaction	23 April 2025				
f)	Place of the transaction	Outside of trading venue - off market				

<b>1</b>	<b>Details of the person discharging managerial responsibilities / person closely associated</b>					
a)	Name	Joy Bessenger				
<b>2</b>	<b>Reason for the notification</b>					
a)	Position/status	Chief Financial Officer (Not a director)				
b)	Initial notification /Amendment	Initial notification				
<b>3</b>	<b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b>					
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