

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

Grant of Share Options

LONDON, U.K. AND NEW YORK, U.S. (19 January 2026) 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 807,541 ordinary shares of £0.0006 in the capital of the Company (the "Share Options") to Kevin Murphy, Chairman of the Company (the "Option Holder").

The Share Options, which have been issued in line with the Company's existing share option plan (the "Option Plan"), have an exercise price of 0.525p per ordinary share. This is in line with the exercise price of the Loan Note, entered into with Mount Sinai on November 24, 2025. The Share Options are subject to lock-in provisions, being 12 months from the date the Share Options are exercised.

The Share Options vest and become exercisable in twelve (12) equal quarterly instalments (rounded up to the nearest whole share) thereafter of which the first instalment shall vest three months after the grant date and the twelfth shall vest 39 months after the vesting commencement date.

The Share Options are subject to the rules of the Option Plan and the relevant award documentation, including customary good leaver and bad leaver provisions.

The independent directors consider that the award is fair and reasonable insofar as the Company's shareholders are concerned and believe it appropriately aligns the Chairman's interests with those of shareholders.

Capitalised terms used but not otherwise defined in this announcement shall have the meanings given to them in the Company's announcement released on 30 December 2025.

For further information please contact:

Trellus Health plc

Dr. Marla Dubinsky, Chief Executive Officer and Co-Founder
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<https://trellushealth.com/>
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About Trellus Health plc (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

1	Details of the person discharging managerial responsibilities / person closely associated					
a)	Name	Kevin Laurence Murphy				
2	Reason for the notification					
a)	Position/status	Chairman				
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 Identification code	Options over ordinary shares of £0.0006 each in the Company GB00BNNFM402				
b)	Nature of the transaction	Grant of options over shares				
c)	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>£0.00525 exercise price</td><td>807,541</td></tr></table>	Price(s)	Volume(s)	£0.00525 exercise price	807,541
Price(s)	Volume(s)					
£0.00525 exercise price	807,541					
d)	Aggregated information - Aggregated volume - Price	 N/A N/A				
e)	Date of the transaction	16 January 2026				

f)	Place of the transaction	Outside of trading venue - off market
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