

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

Grant of Share Options

LONDON, U.K. AND NEW YORK, U.S. (29 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 further to the Company's announcement on 30 December 2025 and the passing of the relevant resolutions at the General Meeting on 20 January 2026, the Company has issued 19,230,769 new Ordinary Shares in lieu of cash payment of settlement fees relating to the Secured Convertible Loan Notes.

Accordingly, application has been made to the London Stock Exchange for the new Ordinary Shares to be admitted to trading on AIM. It is expected that admission of the 19,230,769 new Ordinary Shares to trading on AIM will become effective on, or around, 2 February 2026 ("Admission").

Total voting rights

Following Admission, the Company will have 180,739,102 Ordinary Shares in issue with each share carrying the right to one vote. The Company has no Ordinary Shares held in treasury. The total number of voting rights in the Company following Admission will therefore be 180,739,102.

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
Joy Bessenger, Chief Financial Officer

<https://trellushealth.com/>
Via Walbrook PR

Singer Capital Markets (Nominated Adviser and Broker)

Philip Davies / James Todd / Patrick Weaver

Tel: +44 (0)20 7496 3000

Walbrook PR

Paul McManus / Lianne Applegarth /
Alice Woodings

Tel: +44 (0)20 7933 8780 or trellus@walbrookpr.com
Mob: +44 (0)7980 541 893 / +44 (0)7584 391 303 /
+44 (0)7407 804 654

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

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