



ALTERNATE HEALTH CORP. RECEIVES RECEIPT FOR PROSPECTUS AND CONDITIONAL APPROVAL TO LIST SHARES ON CSE

Vancouver, British Columbia, December 23, 2016: Alternate Health Corp. (the “Company” or “AHC”) is pleased to announce that it has filed and obtained a receipt from the Ontario Securities Commission dated December 5, 2016 for its Final Non-Offering Prospectus (“Prospectus”) dated November 29, 2016. A copy of the Prospectus is available on SEDAR under the Company’s profile at www.sedar.com.

The Company has also received conditional approval from the Canadian Securities Exchange (the “CSE”) for the listing of its common shares on the CSE subject to the completion of customary requirements of the CSE, including the receipt of all required documentation. Once final approval is received, the common shares of AHC will commence trading under the trading symbol: AHG.

The Company announces that it has completed a share exchange (the “SEA”) with the securityholders of Alternate Health Inc. (“AHI”). A total of 32,519,636 common shares were issued to former AHI shareholders under the SEA and 606,250 replacement warrants. The replacement warrants all have an exercise price of \$1.50 and expire in March, September, and October 2017, respectively. AHI is now a wholly-owned subsidiary of the Company and the business of AHI is the Company’s principal focus. Following the closing of the SEA, the Company has 32,916,236 outstanding common shares.

The Company also wishes to announce a private placement for gross proceeds up to \$4,000,000. The Company will issue up to 2,666,667 common shares at a price of \$1.50 per common share. All common shares issued under the private placement will be subject to a 4 month hold period. The Company may pay finder’s fees in accordance with applicable securities laws.

For further information, contact Jim Griffiths at 416-607-5757.

On behalf of the Board of Directors of

ALTERNATE HEALTH CORP.

Jim Griffiths
CFO and Director, Alternate Health Corp.

About Alternate Health

Alternate Health is a diversified healthcare company that uses its expertise in technology to revolutionize patient care and service delivery in both traditional and complementary medical fields. With investments in research, education and cutting edge technology, Alternate Health is a leader in software applications and processing systems for the medical industry using proprietary technology platforms. Through its subsidiaries, Alternate Health offers services ranging from medical practice and controlled substance management software to blood analysis and toxicology labs, to clinical research and continuing education programs. Alternate Health’s goal is to continue to lead the medical industry with data-driven results in patient care and product development.

Neither the CSE nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release.

Statements included in this announcement, including statements concerning our plans, intentions and expectations, which are not historical in nature are intended to be, and are hereby identified as "forward-looking statements". Forward-looking statements may be identified by words including "anticipates", "believes", "intends", "estimates", "expects" and similar expressions. The Company cautions readers that forward-looking statements, including without limitation those relating to the Company's future operations, business prospects and financing plans, are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward looking statements.