



KYLE KEMPER JOINS ALTERNATE HEALTH'S BOARD OF DIRECTORS

TORONTO – January 22, 2019 – Alternate Health Corp., ("**Alternate Health**" or the "**Company**") (CSE:AHG) (OTCQB:AHGIF), an international leader in technology solutions for the regulated cannabis industry, announced today that Kyle Kemper has been appointed to the Company's Board of Directors.

Mr. Kemper is the author of "[The Unified Wallet: Unlocking the Digital Golden Age](#)" — a definitive work on the implications of blockchain technology in the modern world — and a strong advocate for the expansion of blockchain and Bitcoin. As executive director of the Blockchain Association of Canada (BAC), Mr. Kemper worked with policymakers, governments and industry leaders to better understand the potential of this powerful technology. Mr. Kemper believes in the importance of the blockchain ecosystem and its application across a wide range of industries, including healthcare, supply chain management, digital ID, certifications and media.

"We are thrilled to welcome Mr. Kemper to Alternate Health's Board of Directors," says Howard Mann, CEO of Alternate Health. "His deep technical knowledge, vision for what's possible and network of industry contacts are valuable assets to the Company as we take the lead in both blockchain technology and cannabis."

Mr. Kemper is a visionary, a connector and an artist, having traveled the world, observing, learning and sharing knowledge with people from all walks of life. He educates and inspires people to be positive, proactive and passionate. His career includes experiences in a diverse array of industries including venture capital, mobile application development, marketing, communications, event facilitation and, for the past five years, blockchain technology and cryptocurrency. Since 2013, Mr. Kemper has accumulated over 15,000 hours of blockchain experience and is a Certified Bitcoin Professional (CBP).

"I am looking forward to serving on the board of directors for Alternate Health," says Mr. Kemper. "My knowledge and experience will help guide the company as it leverages blockchain technology to revolutionize payment, compliance, tax collection and supply chain tracking systems for the cannabis industry."

In addition to Mr. Kemper's appointment, Alternate Health also announced updates to key personnel within the Company's operations.

Key Personnel Updates

Jay Briggs was promoted to Senior Vice President of Operations. In his new role, Jay will continue to lead the day-to-day operations of Alternate Health while working closely with executive management to develop and implement the Company's strategic plan in North America.

Bob Chidgey joined Alternate Health as Vice President of Finance to manage Financial Planning and Analysis for the Company and has already proven to be an invaluable resource. Bob's impressive resume includes over 35 years of experience working in the capital markets in leadership positions for companies such as AT&T, GE Capital and the FDIC. He will also be responsible for developing comprehensive reporting packages that will provide leadership with

the information and insight they need to make crucial decisions about the direction of the Company.

Michael Klipper has tendered his resignation as a director of Alternate Health due to increasing commitments in other activities. The Company would like to thank Mr. Klipper for his assistance while serving as a director and wishes him well in his endeavors.

About Alternate Health

Alternate Health (CSE: AHG, OTCQB: AHGIF) is an international cannabis company, focusing on technology and value-added services. Alternate Health's industry-leading software systems provide the platform for the company's diverse operations, including distribution and the first medial cannabis software portal approved by the Florida Department of Health.

Alternate Health's corporate office is located in Toronto, Canada, with additional offices in Venice and Humboldt County, California and San Antonio, Texas. The Company is well positioned to reinvest internal operating cash flow in its platform and product development over the long term, creating an attractive investment profile for its shareholders. Alternate Health resides in the cannabis sector along with companies like GW Pharmaceuticals, AXIM Biotechnologies Inc., and Canopy Growth Corporation. For more information about Alternate Health Corp., visit www.alternatehealth.ca.

Investor Contact

George Mull | Company Director, President

1.416.607.5757

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