



ALTERNATE HEALTH ANNOUNCES NOTICE OF CHANGE OF AUDITOR

Toronto, ON, January 31, 2019 – [Alternate Health Corp.](http://www.alternatehealth.ca) (CSE:AHG, OTC:AHGIF) wishes to announce that its Board of Directors have approved a change of the Company's auditors from BDO Canada LLP ("BDO") to Davidson & Company LLP ("Davidson").

BDO has resigned as auditor of the Company effective January 28, 2019. The Audit Committee and the Board of Directors of the Company have appointed Davidson as the successor auditor in their place effective January 28, 2019. The Company has sent a Change of Auditor Notice (the "Notice") to each of BDO and Davidson, and has received a letter from each addressed to the securities commissions in each of British Columbia, Alberta, and Ontario (the "Commissions") stating they agree with the information contained in the Notice. A copy of each letter from BDO and Davidson addressed to the Commissions will be filed on SEDAR with a copy of the Notice.

There were no disagreements or unresolved issues with BDO on any matter of audit scope or procedure, accounting principles or policies, or financial statement disclosure. It is the Company's opinion that there have been no reportable events, (as defined in National Instrument 51-102 (Part 4.11)) between the Company and Davidson and BDO did not have any reservation in their auditors' report for the financial statements for the Company's last two fiscal years or for any period subsequent to the date the most recent audit report was issued and preceding the date hereof.

Alternate Health's CEO, Howard Mann stated: "I would like to express our sincere gratitude to BDO on behalf of the shareholders and the board of directors, and we look forward to working with Davidson going forward".

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

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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, anticipated growth and potential revenues, derived from the Bionic Bee asset purchase are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward-looking statements.