

## FORM 11

### NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: MAITRI HEALTH TECHNOLOGIES CORP. (the "Issuer").

Trading Symbol: MTEC

Date: December 2, 2020

#### 1. New Options Granted:

Date of Grant: November 30, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Sav DiPasquale	Director, Chair	Y	250,000	\$0.80	Nov 30, 2025	
Sam Pillersdorf	Director	Y	150,000	\$0.80	Nov 30, 2025	
Tony Clement	Director	Y	150,000	\$0.80	Nov 30, 2025	
Andrew Morton	Director & CEO	Y	100,000	\$0.80	Nov 30, 2025	
Jessica Federer	Director	Y	150,000	\$0.80	Nov 30, 2025	
Dr. James Shepherd	Advisor	N	100,000	\$0.80	Nov 30, 2025	
Sashko Despotovski	Advisor	N	100,000	\$0.80	Nov 30, 2025	
Jodi Butts	Advisor	N	100,000	\$0.80	Nov 30, 2025	
Dr. Anne Snowden	Advisor	N	50,000	\$0.80	Nov 30, 2025	
Yasmine Roulleau	Advisor	N	25,000	\$0.80	Nov 30, 2025	

#### FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Gavin Cooper	Advisor	N	25,000	\$0.80	Nov 30, 2025	
Marlis Yassin	CFO	Y	50,000	\$0.80	Nov 30, 2025	
Liam Firus	Consultant	N	25,000	\$0.80	Nov 30, 2025	
Bronson Peever	Consultant	N	25,000	\$0.80	Nov 30, 2025	
Martin Bajic	Consultant	N	10,000	\$0.80	Nov 30, 2025	
Maria Wells	Consultant	N	7,500	\$0.80	Nov 30, 2025	
Yasser Yassin	Consultant	N	5,000	\$0.80	Nov 30, 2025	
Maria Cervantes	Consultant	N	2,500	\$0.80	Nov 30, 2025	

Total Number of optioned shares proposed for acceptance: **1,325,000.**

## 2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares <sup>(1)</sup>	Exercise Price	Original Date of Grant	Expiry Date
N/A	N/A	N/A	N/A	N/A

(1) Set out number of optioned shares for each grant with different terms.

## 3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. N/A
- (b) State the date of the news release announcing the grant of options.  
December 1, 2020
- (c) State the total issued and outstanding share capital at the date of grant or amendment. 16,830,295
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to

### FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

incentive stock options, including new options, amended options and other presently outstanding options. 7.9%

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. 358,029
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. N/A
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. N/A

#### **4. Certificate of Compliance**

The undersigned hereby certifies that:

- 1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
- 2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
- 3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
- 4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated December 2, 2020

Marlis Yassin

Name of Director or Senior  
Officer

/s/ Marlis Yassin

Signature

CFO

Official Capacity