

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Alternate Health Corp. (the "Issuer").

Trading Symbol: AHG

Number of Outstanding Listed Securities: 67,752,095

Date: May 6, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

On April 15, 2019, the Issuer announced the Company is launching a new, comprehensive business management system in California, complete with integrations for Alternate Health's Zi App blockchain tax extraction and remittance system, Quickbooks cloud and desktop accounting applications and the California government's Metrc Cannabis Track-and-Trace software.

Product Details:

Inventory Management

- **Seed-to-sale inventory management system capabilities with full integration to the California Bureau of Cannabis Control's Metrc Track-and-Trace system. The system tracks not only flower and products, but also lab results, locations and staff authorizations.**

Manufacturing Management.

- **Full software support for manufacturing processes, including inventory management, product recipes, batch numbers and lab certificates, meeting state compliance standards. Tracks inventory of non-cannabis inputs as well, including packaging and certificates.**

Distribution Management

- **Delivery and transfer management capabilities, tracking the movement of flower, products and certifications in locations across California, precise down to individual buildings in a given licensed facility. Also tracks employee activities and authorizations. (Mobile GPS-tracking currently under development.)**

Dispensary Management

- **Point-of-sale and inventory and staff management capabilities for any size of dispensary business, including multi-store operations. The software automatically calculates and administers both state and local taxes, with automated accounting reports and integration into Quickbooks cloud and desktop applications.**

Practice Management

- **Full integration with Alternate Health's CanaPass and FlorPass Electronic Medical Records (EMR) and Practice Management System. Ideal for medical cannabis distribution and quickly adaptable for medical-only state markets.**

Automated Tax Collection

- **System allows for automated tax extraction and remittance services through Alternate Health's Zi App Blockchain platform: An essential capability to manage transactions in the previously cash-only cannabis industry.**

Flexibility

- **The system's extensive list of features can be activated or deactivated based on the individual needs of a client, local market or state regulations. This allows the system to operate in a range of markets, including international and medical-only, while maintaining its characteristic security, efficiency and commitment to compliance.**

2. Provide a general overview and discussion of the activities of management.
The Issuer's management team has remained focused on its objectives and operational goals, and is on track to attain them; while it continues its efforts to raise market awareness, value, enhance the strength and diversity of the Board of Directors and Officers of the Issuer, research and development, and other shareholder outreach initiatives. The Issuer's management also continue to seek new revenue streams and opportunities to develop and increase the stakeholder's value and profitability of the Issuer.
3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.
The Issuer announced that it has completed development of a new Cannabis Business Management system, integrating the Company's tax administration, point-of-sale and inventory management software into a single solution for manufacturers, distributors and retailers.
4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.
N/A
5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.
N/A
6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.
N/A
7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.
N/A
8. Describe the acquisition of new customers or loss of customers.
N/A

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

N/A

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

N/A

11. Report on any labour disputes and resolutions of those disputes if applicable.

N/A

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

N/A

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾
Common shares	83,332	Deemed price of 0.45 per common	N/A

(1) The Issuer entered into an agreement with Cannabinoid Science International Corp. (on August 1, 2017 and an Amended Agreement on January 29, 2018), a company owned and controlled by Mr. Michael Klipper, a Former Related Person of the Issuer. This common share issuance was incentive payment for services pursuant to the Agreement. The Issuer did not receive any cash consideration for this issuance.

15. Provide details of any loans to or by Related Persons.

N/A

16. Provide details of any changes in directors, officers or committee members.

N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The political evolution and progression of the legalities surrounding the use of cannabidiol for medical, and cannabis for recreational purposes, will continue to impact and benefit the product development segment of the Issuer's business. The legalization of cannabis in Canada and California bodes well for the Issuer's plans for expansion.

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 were 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 7 Monthly Progress Report is true.

Dated May 6, 2019.

Scott Holtby
Name of Director or Senior
Officer

/s/ "Scott Holtby"
Signature
Vice President
Communications
Official Capacity

<i>Issuer Details</i> Name of Issuer Alternate Health Corp.	For Month End April 2019	Date of Report YY/MM/D 19/05/06
Issuer Address 400 – 725 Granville Street (Registered and Records Address)		
City/Province/Postal Code Vancouver, BC, V7Y 1G5	Issuer Fax No. ()	Issuer Telephone No. 416-607-5757
Contact Name Scott Holtby	Contact Position Vice President, Communications	Contact Telephone No. 416-607-5757
Contact Email Address s.holtby@alternatehealth.ca	Web Site Address <u>www.alternatehealth.ca</u> www.alternatehealth.com	