

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 53,979,005

Date: October 2, 2018

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 September 4, 2018 the Issuer announced that announced that the Issuer had entered into a software-as-a-service agreement with Liberty Health Sciences ("Liberty"), a premiere producer and dispenser of medical cannabis in the U.S., to provide e-commerce and digital transaction services in the Florida market. Liberty Health Sciences and Issuer were granted approval by the Florida Department of

Health to implement FlorPass as the state's first online shopping portal for medical cannabis equipped with a digital transaction system. Patients will now have the ability to browse medical cannabis products, make purchases and arrange delivery through the FlorPass secure online portal. FlorPass is the patient management software of choice for many of the state's leading cannabis clinics and physicians, representing nearly 6,000 medical cannabis patients. FlorPass charges a transaction fee based on a percentage of sales through the system's e-commerce platform. The Issuer anticipates strong revenues based on the growing patient base and Liberty's strong brand presence across the state. FlorPass is a blockchain-enabled software platform that manages the end-to-end transactions involved in providing safe access to medical cannabis to eligible patients. The system is accessible by the patient, certified doctors and licensed dispensaries, linked through a seamless interface, and is used to facilitate online purchases of medical cannabis and provide enhanced medical treatment recommendations, with a focus on improving patient outcomes. For full details, see news release dated and issued on September 4, 2018.

On September 26, 2018, the Issuer announced the launch of its FlorPass medical cannabis online shopping portal with Liberty Health Sciences in Florida. The Issuer and Liberty Health Sciences gained approval from the Florida Department of Health in August to offer medical cannabis e-commerce features. The FlorPass online shopping portal has launched for certified patients in St. Petersburg and Tampa with plans to quickly expand to additional locations before the end of October. The Issuer anticipates strong revenue potential from FlorPass and is aggressively expanding its market presence throughout Florida. FlorPass is the first-mover for medical cannabis e-commerce in the state, following the activation of digital transaction capabilities, which positions the Company to take the lead in developing this promising market. The FlorPass Electronic Medical Records ("EMR") platform launched in clinics and doctor's offices throughout Florida in 2017, quickly gaining support from the state's medical community. Following a strong endorsement from the American Medical Marijuana Physicians Association (AMMPA), the Issuer rapidly onboarded new physicians, clinics and patients. As of September 2018, FlorPass has over 7,500 patients registered in the system. With innovative security and compliance features, FlorPass greatly increases the efficiency of the Florida medical cannabis industry. The system offers patients, producers and regulators a full suite of digital tools to manage and facilitate all transactions within Florida's medical cannabis economy. As a cloud-based, blockchain platform, FlorPass is easily scalable to capture market share throughout Florida. For full details, see news release dated and issued on September 26, 2018.

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 launched of its FlorPass medical cannabis online shopping portal with Liberty Health Sciences in Florida. For full details, see news release dated and issued on September 26, 2018

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.
10. **N/A**
11. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.
N/A
12. Report on any labour disputes and resolutions of those disputes if applicable.
N/A
13. 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.
14. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
N/A
15. Provide details of any securities issued and options or warrants granted.
N/A

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

(1) State aggregate proceeds and intended allocation of proceeds.

16. Provide details of any loans to or by Related Persons.
N/A
17. Provide details of any changes in directors, officers or committee members.
N/A
18. 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.

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 7 Monthly Progress Report is true.

Dated **October 2, 2018**

Marcelin O'Neill

Name of Director or Senior Officer

/s/ "Marcelin O'Neill"

Signature

Chief Compliance Officer

Official Capacity

Issuer Details Name of Issuer Alternate Health Corp.	For Month End: September 2018	Date of Report YY/MM/D 18/10/02
Issuer Address 309-1485 West 6th Ave.		
City/Province/Postal Code Vancouver, BC, V6H4G1	Issuer Fax No. 604.736.8254	Issuer Telephone No. 604.569.4969
Contact Name Marcelin O'Neill	Contact Position Chief Compliance Officer	Contact Telephone No. 604.569.4969
Contact Email Address: m.oneill@alternatehealth.ca	Web Site Address: www.alternatehealth.ca www.alternatehealth.com	

