FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: **AHG**

Number of Outstanding Listed Securities: **52,731,278**

Date: **May 4, 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 April 5, 2018, the Issuer announced the expansion of its StatePass medical cannabis Electronic Medical Records (EMR) blockchain system in New York, commencing physician onboarding and initial service testing. StatePass is the only EMR and blockchain-enabled software solution specifically designed for the medical cannabis industry. A complete practice

management tool, StatePass ensures strict regulatory compliance with a focus on improving patient outcomes. StatePass is also an ideal software solution for highly regulated markets, like New York, with an easy-to-use interface that allows physicians to personalize their patients' treatment options with built-in, automated compliance reporting. With automated reporting and compliance features, StatePass navigates New York's legal environment, taxation rules, and state-specific medical cannabis regulations. StatePass also records patient information through a distributed blockchain ledger, ensuring industry-leading data security. This unique suite of software services gives physicians the confidence and peace-of-mind to focus on providing the best treatment to their patients. For full details, see news release dated and issued on April 5, 2018.

On April 17, 2018, the Issuer announced the launch of Zi App, an innovative mobile wallet payment processing solution built on proprietary blockchain and smart contract technology. The Zi App platform delivers payment processing services through a comprehensive, direct-to-bank merchant transaction system. For every transaction, a receipt is generated on the platform's blockchain distributed ledger, ensuring full security and transparency. The Issuer has developed Zi App as a 50/50 partnership with leading blockchain developer Support Your Buds LLC ("SYB"). Based on the Issuer's payment engine and Support Your Buds LLC's proprietary smart contract and blockchain ledger technology, the Zi App system is powered by the Zi Utility Token. Unlike cryptocurrencies, Zi's have a fixed 1:1 value to U.S. dollars, protecting the system from the instability and speculation of digital assets like Bitcoin.

Benefits of the Zi App Blockchain Payment System:

- **Low Cost Transactions:** Zi App uses fixed-price, utility tokens to facilitate all transactions and offer merchant payment processing services at a much lower cost than traditional banks or payment service providers.
- **Consumer Protection Compliance:** Unlike cryptocurrencies, Zi App allows for chargebacks and reversals, which is a key feature for high-risk industries like online retailers, who are required to offer these services to comply with consumer protections laws.
- **Dispute Protection:** Zi App tracks all transaction data on a blockchain ledger, creating an immutable and secure record of transactions, with smart contracts that automatically initiate transactions when the terms of a digital agreement are met.
- **Market** Versatility**:** In addition to being an ideal fit for legal cannabis transactions, Zi App is an optimal solution for any high-risk industry, ranging from payday loans and network marketing to dating services and online gaming

For full details, see news release dated and issued on April 17, 2018.

On April 19, 2018, the Issuer announced the transformation of the CanaPass Patient Management system to a complete Ethereum-based blockchain Electronic Medical Records ('EMR') / Electronic Health Records ('EHR')

system. Based on Ethereum's platform, CanaPass' HIPAA and PIPEDA-compliant system records key medical data in blocks on a distributed ledger. Each patient's CanaPass account includes its own private cryptographic key that is used to identify and decrypt the associated private information from the distributed ledger. This is similar to the way a blockchain wallet works, but instead of keeping track of tokens or digital assets, it is used to track and store data such as the patient's lab results, medical reports, etc.

Key Advantages of the Issuer's Blockchain EMR/EHR:

- **Reliability**: The use of decentralized, cloud-based storage ensures maximum reliability and prevents data loss through regular automated backups of all data.
- **Security**: All sensitive patient data storage exceeds HIPAA and PIPEDA requirements; Since only the hash value of sensitive data is stored on the blockchain, data can only be decrypted with the private key of that account.
- **Transparency**: The use of a distributed ledger ensures data is tamper-proof, preventing cyber-attacks on the system itself since previous transaction data cannot be changed or overwritten.

The Issuer also announced that the it had begun expanding its presence in the Florida medical cannabis market with the rollout of FlorPass, its Florida-focused adaptation of CanaPass, at all Florida Compassionate Care Clinics of America ('CCCofA') locations. CCCofA operates three medical clinics in Florida and is poised for significant growth with an additional four locations slated to open in 2018. For full details, see news release dated and issued on April 19, 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 announced the launch of Zi App, an innovative mobile wallet payment processing solution built on proprietary blockchain and smart contract technology. For more details, please refer to the Issuer's new release dated April 17, 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.

The Issuer developed Zi App as a 50/50 partnership with leading blockchain developer Support Your Buds LLC ("SYB. For more details, please refer to the Issuer's new release dated April 17, 2018.

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. **The Issuer announced the launch of Zi App, an innovative mobile wallet payment processing solution built on proprietary blockchain and smart contract technology. The Zi App platform delivers payment processing services through a comprehensive, direct-to-bank merchant transaction system. For every transaction, a receipt is generated on the platform's blockchain distributed ledger, ensuring full security and transparency. For more details, please refer to the Issuer's new release dated April 17, 2018.**

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)
common share	**50,000**	**Asset Purchase – Payment toward Trident Payment LLC – Mobile Payment Processing App & IP Payment Rights Assignment**	**N/A**

(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.

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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 **May 4, 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: **April 2018**	Date of Report YY/MM/D **18/05/04**
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**	