

## **PREMIER HEALTH GROUP INC.**

440 – 890 West Pender Street  
Vancouver, BC V6C 1J9

### **Premier Health Partnering with Bio Conscious Technologies to bring AI Powered Remote Patient Monitoring to its App**

VANCOUVER, British Columbia, March 13, 2019 – Premier Health Group (CSE: PHGI, OTCQB: PHGRF, Frankfurt: 6PH) (the “Company” or “Premier Health”), a Company focused on developing innovative approaches that combine human skill-based expertise with emerging technologies for the healthcare industry, is pleased to announce it is working with Bio Conscious Technologies (BCT) to bring their Artificial Intelligence (AI) technology to Premier Health’s user base.

Premier Health will be partnering with BCT to enable patients and care providers improved monitoring of chronic disease progression and management of chronic conditions, such as diabetes, using BCT’s proprietary AI technology.

BCT has been developing an ensemble of AI algorithms since 2015 that allow patients with diabetes to better manage their health proactively by accurately predicting their future glucose levels using machine learning techniques. The World Health Organization estimates that 425 million people are living with diabetes. Mismanagement of diabetes can be very harmful. BCT’s algorithm, DiaBits, learns an individual’s physiology and predicts, with machine learning technology, where their blood sugar will trend over time based on their past trend, behaviour, and activity. BCT successfully piloted its technology at BC Children’s Hospital, resulting in a proven accuracy of 95%. They also presented at the 78th scientific session of the American Diabetes Association. The companies will work on integrating DiaBits into Premier Health’s patient-centric healthcare app.

“Since the beginning, remote patient monitoring has been an integral component of our telemedicine app,” said Dr. Essam Hamza, CEO of Premier Health. “DiaBits will enable our diabetic patients to dramatically increase glucose control and improve their quality of life. We are eager to work with the team at BCT to bring this innovative solution to our comprehensive telemedicine app.”

“We are excited to be selected by Premier Health to partner for our remote health monitoring technology,” said Amir Hayeri, CEO of BCT. “Incorporating the DiaBits technology platform into Premier Health’s app will reduce the guesswork associated with managing diabetes and result in diabetic users having fewer sugar highs, and fewer sugar lows, all while delaying the onset of complications. We are also in the works for developing similar technologies that predict high blood-pressure and premature contractions for pregnant women at risk of pre-eclampsia.”

ON BEHALF OF THE BOARD OF DIRECTORS

“Dr. Essam Hamza, MD”  
Chief Executive Officer

## **About Premier Health**

Premier Health is a Canadian company that is strategically poised to take advantage of business opportunities in the global health care industry. We are focused on innovative health care approaches that combine human skill-based expertise with emerging technologies. Premier Health, in conjunction with its subsidiary Cloud Practice, a cloud-based SAAS Electronic Medical Records software company, is developing proprietary technology to deliver quality healthcare through the combination of connected primary care clinics with telemedicine and artificial intelligence (AI). We currently have a combined ecosystem of 290 clinics, over 3000 licensed practitioners and almost 3 million registered patients. The Premier Health team has deep clinical, operational and financial expertise and a passion for improving healthcare for all patients.

## **About Bio Conscious Technologies**

Bio Conscious Technologies is a health analytics company. Their mission is to enable patients and care providers to better understand and treat diseases using intelligent analytics. Their app, DiaBits, allows diabetic users to manage their health without stress. Their multivariate algorithm learns an individual user's physiology and predicts where their blood sugar will trend over time based on their behavior and activity. With DiaBits, users have more glucose control, less Hypo and Hyperglycemia episodes, and better long-term health outcomes.

*The Canadian Securities Exchange does not accept responsibility for the adequacy or accuracy of this release.*  
FOR ADDITIONAL INFORMATION CONTACT:

Premier Health Group Inc.  
[www.mypremierhealth.com](http://www.mypremierhealth.com)  
Email: [investors@mypremierhealth.com](mailto:investors@mypremierhealth.com)