

FORM 7

MONTHLY PROGRESS REPORT

October 2019

Name of CSE Issuer	Theramed Health Corporation (formerly, Evitrade Health Systems Corp.), (the "Issuer")
Trading Symbol	TMED
Number of Issued Listed Securities	1,116,912
Number of Issued Outstanding Options	Nil
Number of Shares Reserved for Issuance	245,108 (from Warrants)
Date	Nov 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 the CSE 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 theCSE.com 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 CSE 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.

The company is working with its hardware technologies and software applications towards providing a personalized health care system and the company has been in discussions with an engineer on furthering development of its medical products exchange app and determining the best way to utilize it with a focus on CBDs from hemp as a component.

It continued to discuss the possibility of continuing its operating arrangement despite being in default with the principals which holds the Intellectual Property (IP) of a Timed Release Excipient Carrier System designed to improve bioavailability and solubility of hard to dissolve materials such as CBDs.

The company is also working with its advisors to offer consulting with other companies for medical technology and equipment protocols and laboratory SOPs

The company also continues assisting its subsidiary Western Agri in developing out its processing and extraction facility as part of its CBD Health System vertical. The company has been working closely with its advisors for the development of the extraction facility,

The company conducted a name change and consolidation. The company name has now changed and is rebranded as EFG Theramed Health Corp.

Provide a general overview and discussion of the activities of management.

Management continues to pursue opportunities in the healthcare business. While the primary focus is still on customizing hardware technologies and software applications towards providing personalized health solutions for common health issues, management has been exposed to and presented with a number of health/medical opportunities, interesting software technologies, and other potential businesses. The Company also continues to evaluate business opportunities in an endeavour to increase shareholder value. As identified above, management has been active in arranging financing for the company, working on rectifying its default with the principals of the Excipient Carrier Delivery System, developing its lab extraction facility in Nevada for CBDs, and its medical products exchange app.. Management has also been evaluating other medical product sales channels. There are no other matters to report.

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. None to report.

2. 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.

None to report.

3. 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 company engaged Link Media, LLC to assist in its rebranding, digital communications and market awareness of the company. The company continues to work with Parabolic Communications Inc. for its social media and website branding. The company is also working with numerous other marketing, financial services firms and management advisory firms.

4. 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

5. 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.

None to Report

6. Describe the acquisition of new customers or loss of customers.

n/a

7. 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.

None to report.

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

None to report.

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

None to report.

10. 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. None to report.

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

The Issuer previously had approximately CDN\$1,171,615 plus USD\$24,950 in cash debt/loan advances owed to directors of the company.

The Issuer also previously had a total of \$74,851 of cash debt/loan advances from related party creditors.

The Issuer also previously has US\$10,000 of cash loans advanced from a related party creditor.

The Issuer also previously had US\$90,000 of cash loans advanced from a non-related parties

The Issuer previously had \$1,537,787.50 in cash debt loaned to the company by non-related parties.

12. Provide details of any securities issued and options or warrants granted. The Company issued \$350,000 CAD in Senior Convertible Notes with a 10% coupon, convertible into shares of the company at \$0.05. with a 5% gross royalty from sales of the company's extraction division.

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

Loans from directors, previously for approximately CDN\$946,615 and USD\$24,950 of funds/loans to the company.

The Issuer also previously had \$74,851 of debt owed to related party creditors and approximately \$827,681 in convertible debt owed to the company's operator from the debt settlement.

The Issuer also previously had US\$10,000 of debt owed to a related party creditor.

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

None to report.

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

None to report.

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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: Nov 6, 2019

Ron Ozols
Name of Director or Senior Officer

"Ron Ozols"
Signature

Director
Official Capacity

Issuer Details	For Month End	Date of Report
Name of Issuer Theramed Health Corporation	Oct 2019	Nov 6, 2019
Issuer Address c/o Mr. Ron Ozols, Director, Mr. Faisal Manji, CFO or Mr. CK Cheung, CEO 5728 E Blvd		
City/Province/Postal Code Vancouver, BC, V6M 4M4	Issuer Fax No. N/A	Issuer Telephone No. (778) 559-3939
Contact Name Ron Ozols, director, or CK Cheung, CEO	Contact Position Directors	Contact Telephone No. (778) 559-3939

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