

Form 51-102F3
Material Change Report

Item 1 Name and Address of Company

Alternate Health Corp.
309 - 1485 West 6th Avenue
Vancouver, BC V6H 4G1

Item 2 Date of Material Change

January 31, 2017

Item 3 News Release

A news release was issued by Alternate Health Corp. (the "**Company**") on January 31, 2017.

Item 4 Summary of Material Change

January 31, 2017, Vancouver, BC: Alternate Health Corp. (CSE:AHG) (the "Company") is pleased to announce that that it has entered into a consulting agreement with a consultant of the Company for the purposes of compliance and regulatory filings. Pursuant to the terms of the consulting agreement, the Company will issue 50,000 common shares to the consultant for past services rendered.

Item 5 Full Description of Material Change

See the news release attached as Schedule "A" hereto.

Item 6 Reliance on subsection 7.1(2) or (3) of National Instrument 51 102

Not Applicable.

Item 7 Omitted Information

Not Applicable.

Item 8 Executive Officer

To obtain further information please contact: Jim Griffiths, CFO and Director of the Company at 416-607-5757

ITEM 9. DATE OF REPORT

DATED at Vancouver, BC this 31st day of January, 2017.

 /s/ "Marcelin O'Neill"

Marcelin O'Neill
Director & Corporate Secretary



SCHEDULE 'A'

NEWS RELEASE

ALTERNATE HEALTH CORP. ANNOUNCES CONSULTING AGREEMENT

January 31, 2017, Vancouver, BC: Alternate Health Corp. (CSE:AHG) (the "Company") is pleased to announce that it has entered into a consulting agreement with a consultant of the Company for the purposes of compliance and regulatory filings. Pursuant to the terms of the consulting agreement, the Company will issue 50,000 common shares to the consultant for past services rendered.

About Alternate Health

Alternate Health (<http://www.alternatehealth.ca>) is a diversified healthcare company that uses its expertise in technology to revolutionize patient care and service delivery in both traditional and complementary medical fields. With investments in research, education and cutting edge technology, Alternate Health is a leader in software applications and processing systems for the medical industry using proprietary technology platforms. Through its subsidiaries, Alternate Health offers services ranging from medical practice and controlled substance management software to blood analysis and toxicology labs, to clinical research and continuing education programs. Alternate Health's goal is to continue to lead the medical industry with data-driven results in patient care and product development.

On behalf of the Board of Directors of

ALTERNATE HEALTH CORP.

"Jim Griffiths"

Director and CFO

For further information, contact Jim Griffiths at 416.607.5757.

Neither the CSE nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release.

Statements included in this announcement, including statements concerning our plans, intentions and expectations, which are not historical in nature are intended to be, and are hereby identified as "forward-looking statements". Forward-looking statements may be identified by words including "anticipates", "believes", "intends", "estimates", "expects" and similar expressions. The Company cautions readers that forward-looking statements, including without limitation those relating to the Company's future operations, business prospects and financing plans, are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward-looking statements.