



ALTERNATE HEALTH CORP. ANNOUNCES WARRANTS AND STOCK OPTION GRANTS

PLANO, Texas, April 17, 2017 – [Alternate Health Corp.](#) (the 'Company') (CSE:AHG) (OTC:AHGIF) today announced that it has entered into various employment and management agreements (the 'Agreements') with certain officers of the Company. Pursuant to the terms of the Agreements, the Company will grant an aggregate of 867,544 warrants to purchase AHC shares at a price of USD\$2.93 or CAD\$3.91 per common share for a period of five years from the date of issuance. The effective date of the grants is April 14, 2017.

STOCK OPTIONS

The Company also wishes to announce that it has granted incentive stock options to certain directors, officers, and/or consultants of the Company for the right to purchase up to an aggregate of 580,000 common shares of the Company, exercisable at the price of CAD\$4.00 per share for five years. The effective date of the grant of option is April 14, 2017. The stock options granted will be in accordance with the Company's Stock Option Plan and will have the required four months hold period legend, pursuant to the Policies of the CSE and regulatory authorities.

About Alternate Health Corp.

[Alternate Health Corp](#) 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.

Contact:

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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.