



July 10, 2017

To Alternate Health Shareholders,

I am pleased to attach our 2016 annual meeting materials and provide this letter update on our 2017 activities. To date, 2017 has been a year of milestone achievements for Alternate Health setting the stage for strong growth both domestically and in foreign markets. On January 24th, we started trading on the CSE in Canada and subsequently on the OTCBB in the United States and very quickly established ourselves as a leader in the medical cannabis industry. By the end of Q1, we had generated revenues of \$3.9M and were cash positive, creating significant shareholder value in a rapid period of time. Today, I am pleased to provide an update on our year to-date and what we plan to achieve going forward.

While licensed cannabis producers proliferate in anticipation of the federal legalization of marijuana in Canada, it remains that few Licenced Producers are profitable. Although medical cannabis companies are enjoying high market capitalizations and renewed investor interest, there has been some investor fatigue simply on the promise of tomorrow. Débating with immediate profitability and a diverse suite of products to support the medical cannabis space, Alternate Health offers shareholders the opportunity to participate in an integrated life sciences company driving the formalization of the medical cannabis industry.

The cornerstone of our strategic plan is the medical lab business. Alternate Health Labs began operations in the first quarter of 2017 and has been responsible for the majority of corporate earnings to date, which allowed us to post positive earnings for our first quarter as a publicly traded company. The company plans to aggressively expand its lab business through increased lab sample rates and accretive growth, creating a strong revenue base of growing income going forward.

Alternate Health Corp. is deploying a full service integrated program including sales and distribution of industrial hemp-derived CBD and derivative products, controlled substance management and compliance software, electronic payment technology and data collection and analysis. To drive organic growth in these areas, we are concentrating on markets where our strong technology focus allows us a competitive edge in new product development initiatives.

We have just launched the CanaCard system in partnership with a major Clinic chain in Canada, providing an end-to-end electronic management and tracking system for medical marijuana products. CanaCard enables medical marijuana prescriptions to be accessed in a compliant and secure manner between the doctor, patient and licensed cannabis provider. To that end, on June 14th, we announced a business partnership with National Access Cannabis to use our patent pending CanaCard system in their dispensary clinics throughout Canada. The card generates revenue from every transaction, and with registered medical marijuana users expected to grow from 40,000 today to over 450,000 by 2024 in Canada alone, this is expected to have a significant impact on corporate revenue.

In addition, our success in obtaining exclusive licensing for sublingual and transdermal patch delivery systems for industrial hemp-derived CBD products will further expand market domination for Alternate Health. Our nutraceutical and food-based hemp-derived CBD sublingual tablets will celebrate the launch of online sales by the forth quarter and we look forward to a healthy revenue stream from pent-up demand for this product in the last half of the year.

Our Continuing Medical Education credits program has received AMA approval for inclusion as a CME for physicians throughout the United States. While this program is a potential revenue stream, our strategic focus is to generate physician interest and ultimately support the appropriate usage of medical cannabis to treat various disease states.

We will continue to engage the medical community and position ourselves as thought leaders through our IRB approved research studies. In May we announced the completion of our initial study to treat Zika virus symptoms with hemp-derived cannabinoid with exciting results. In June, we announced the launch of our large scale clinical study on PTSD (Post-traumatic stress disorder) for veterans spearheaded by Wesley Clark Jr., son of General Wesley Clark. We have many additional studies in the planning stages.

Over the next few months we will launch a number of new initiatives generating consistent news flow and increasing the profile of Alternate Health Corp for investors in Life Sciences, Medical Cannabis and Health Technology.

I would like to thank our Board and all our employees. Alternate Health Corp. has established an excellent foundation for growth that would not have been possible without the dedication and contributions made by each individual and together in synergy.

Along with the entire management team, I am committed to building on this foundation, deploying our strategic plan, and delivering on our full potential to maximize long-term value for our shareholders.

/s/ "Dr. Jamison Feramisco"

Dr. Jamison Feramisco
Chief Executive Officer

This letter includes certain forward-looking statements concerning the future performance of the company's business and operations, as well as management's plans, objectives, strategies, beliefs and intentions. Forward-looking statements are frequently identified by such words as "would", "may", "will", "plan", "expect", "anticipate", "estimate", "intend" and similar words referring to future events and results. Forward-looking statements are based on the current opinions and expectations of management. All forward-looking information is inherently uncertain and subject to a variety of assumptions, risks and uncertainties. Actual events or results may differ materially from those projected in the forward-looking statements and the company cautions against placing undue reliance thereon. Neither the company nor its management assume any obligation to revise or update these forward-looking statements whether as a result of new information, future events or otherwise, except as required by law.