



WELLTEQ ANNOUNCES LISTING ON THE CANADIAN SECURITIES EXCHANGE

March 23, 2021, Vancouver, British Columbia: Wellteq Digital Health Inc. (CSE: WTEQ), formerly known as Terra Nova Resources (the “**Company**” or **Wellteq**”), is pleased to announce that it will begin trading under its new name “Wellteq Digital Health Inc.” and symbol “WTEQ” effective at the market open on March 23, 2021.

Trading of Wellteq under its new symbol follows the completion of the previously announced business combination involving Wellteq Limited, CBDS Health Inc. and Terra Nova Resources Inc., and the successful raise of more than \$9.5 million through an oversubscribed brokered private placement offering led by Canaccord Genuity Corp. and Gravitas Securities Inc. as co-lead agents.

“With the support of Canaccord, Gravitas and our investors, Wellteq is now uniquely positioned to emerge as one of the world’s leading global health and wellness platforms. Covid-19 has restacked health as a much higher priority for almost everyone around the world. Wellteq is accelerating investment toward extending our services from corporate wellness all the way through to virtual healthcare, we will soon offer this full continuum of care and are incredibly excited about the next chapter on our journey as a fast-growing public company,” said Scott Montgomery, CEO of Wellteq.

About Wellteq Digital Health Inc.

Wellteq Digital Health Inc. is a leading provider of corporate wellness solutions developed to provide data-driven personalized health and wellness coaching to engage its users in healthier behaviours. As an enterprise (business-to-business) model Wellteq currently has two main sectors of customers, employers and insurance companies. Wellteq have secured a large multinational portfolio of customers, including UBS, DBS and Bupa Insurance, and reseller partners like Willis Towers Watson, Advanced Human Imaging and Garmin. Wellteq is developing its newly acquired Internet of Medical Things (IoMT) technologies for connected patient applications in healthcare which will extend the Wellteq’s continuum of care from preventative wellness through to virtual healthcare.

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Cautionary Note Regarding Forward-Looking Statements:

This news release contains information or statements that constitute “forward-looking statements.” Such forward looking statements involve known and unknown risks, uncertainties and other factors that may cause actual results, performance or achievements, or developments to differ materially from the anticipated results, performance or achievements expressed or implied by such forward-looking statements. Forward-looking statements are statements that are not historical facts and are generally,

but not always, identified by words such as “expects,” “plans,” “anticipates,” “believes,” “intends,” “estimates,” “projects,” “potential” and similar expressions, or that events or conditions “will,” “would,” “may,” “could” or “should” occur.

Forward looking information may include, without limitation, statements regarding the operations, business, financial condition, expected financial results, performance, prospects, opportunities, priorities, targets, goals, ongoing objectives, milestones, strategies and outlook of Wellteq, and includes statements about, among other things, future developments and the future operations, strengths and strategies of Wellteq. Forward-looking information is provided for the purpose of presenting information about management’s current expectations and plans relating to the future and readers are cautioned that such statements may not be appropriate for other purposes. These statements should not be read as guarantees of future performance or results.

The forward-looking statements made in this news release are based on management’s assumptions and analysis and other factors that may be drawn upon by management to form conclusions and make forecasts or projections, including management’s experience and assessments of historical trends, current conditions and expected future developments. Although management believes that these assumptions, analyses and assessments are reasonable at the time the statements contained in this news release are made, actual results may differ materially from those projected in any forward-looking statements. Examples of risks and factors that could cause actual results to materially differ from forward-looking statements may include: the timing and unpredictability of regulatory actions; regulatory, legislative, legal or other developments with respect to its operations or business; limited marketing and sales capabilities; early stage of the industry and product development; limited products; reliance on third parties; unfavourable publicity or consumer perception; general economic conditions and financial markets; the impact of increasing competition; the loss of key management personnel; capital requirements and liquidity; access to capital; the timing and amount of capital expenditures; the impact of COVID-19; shifts in the demand for Wellteq’s products and the size of the market; patent law reform; patent litigation and intellectual property; conflicts of interest; and general market and economic conditions.

The forward-looking information contained in this news release represents the expectations of Wellteq as of the date of this news release and, accordingly, is subject to change after such date. Readers should not place undue importance on forward-looking information and should not rely upon this information as of any other date. Wellteq undertakes no obligation to update these forward-looking statements in the event that management’s beliefs, estimates or opinions, or other factors, should change.

The CSE has not passed upon the merits of the Proposed Transaction and has neither approved nor disapproved the contents of this news release.