



**WELLTEQ DIGITAL HEALTH INC.
IMPROVES NIGHTLY SLEEP BY 38 MINUTES
FOR EMPLOYEES ACROSS 13 COUNTRIES
STUDY PUBLISHED IN US MEDICAL JOURNAL**

- Wellteq Digital Health Inc. (CSE:WTEQ, OTCQB:WTEQF) has deployed the Company's sleep program in partnership with WTW (NASDAQ:WTW) to improve the sleep of employees within a large financial institution with operations in over 13 countries.
- The Wellteq sleep program resulted in an improvement in sleep duration of an average of 38 minutes per night, as published in the Journal of Community Medicine & Public Health Care in the United States¹.
- McKinsey estimates that the cost of sleep deprivation towards burnout, exhaustion and depression is \$680 billion per year in just five OECD countries, in the U.S. alone, 70M people are plagued with chronic insomnia² (McKinsey, 2021).
- Wellteq offers its corporate and insurance customers digital solutions across the four pillars of wellbeing – activity, nutrition, mental health and sleep. These evidence-based solutions are generating health outcomes and journal publications from the sub-clinical domain as the Company advances its digital solutions toward clinical settings.
- Digital Health is a fast-growing market with projected CAGR of 25% to reach \$660 billion by 2025³ (Statistica, 2021).

FEBRUARY 8th, 2022, Vancouver, British Columbia: Wellteq Digital Health Inc. (CSE:WTEQ) (OTCBB:WTEQF), (the "Company" or Wellteq"), which supplies digital health and wellness solutions to customers in 12 languages across 30 countries is pleased to announce the publication of "The Hidden Public Health Problem of Inadequate Sleep: Deploying Digital Mobile Technology to Improve Employee Sleep Hygiene in Asia" in the Journal of Community Medicine & Public Health Care published in the United States. The article was co-authored by WTW (NASDAQ:WTW) Regional Senior Consultant of Workplace Health and Wellbeing, Ms. Pheona Chua.

The results were drawn from across 13 nations, 8 enterprise markets and 529 participants and demonstrate a substantial and clinically meaningful improvement in nightly sleep duration achieved by 59% of employee participants. The weighted average sleep duration increase was 38 minutes of nightly additional sleep achieved. Based on an initial average sleep duration of 7 hours, this represents a 9% increase in weighted average nightly sleep duration. To view the study, visit:

<https://www.heraldopenaccess.us/openaccess/the-hidden-public-health-problem-of-inadequate-sleep-deploying-digital-mobile-technology-to-improve-employee-sleep-hygiene-in-asia>

Senior Consultant, Corporate Health & Wellbeing, Asia, WTW, Ms Pheona Chua shares "A benefit trends survey we conducted recently shows that two-thirds of employers in Asia Pacific are greatly concerned about employee

stress, burnout and mental health issues – it is by far the leading concern they have for their workforce. One way to support employees is to help them have better quality and quantity of sleep. Multiple research has shown that sleep deprivation significantly affects our health, work performance, safety and overall wellbeing⁴. It is therefore beneficial that employers find ways to support employees in prioritising quality sleep in their daily lives so that they can perform their best at work. These do not need to be sophisticated. A simple sleep campaign can help employees to improve their sleeping habits. The focus here is to protect employees’ wellbeing in whatever ways it takes”.

Wellteq Medical Advisor and lead author Dr George Gellert stated, “The study findings demonstrate empirically and validate the ability of Wellteq’s technology platform to effectively engage employees, and help them make the behavioral changes needed to reduce the contribution of inadequate sleep duration and hygiene to poor physical and mental health, and to inferior work performance and low job satisfaction. This sleep wellness capability⁵ will be integrated seamlessly with remote sleep monitoring and telemedicine capabilities the Company will release to market in 2022, enabling Wellteq to provide an unparalleled comprehensive sleep health solution to employers, providers and payers. In addition, the B2B and strategic partnering opportunities with existing manufacturers of sleep apnea and related sleep disorder technology will positively disrupt the current market, greatly benefiting employees and patients, and those who seek to maximize their health and well-being.”

Wellteq CEO, Scott Montgomery states, “Sleep sits upstream to having the clarity and energy to make other lifestyle changes around mindset, then diet and exercise. It is hard for anyone to get their head right and to get their body right if they are not sleeping well. We are delighted to see Wellteq’s sleep program and technological capabilities achieve these outcomes across large employee populations in multiple countries. In 2021, we began and in 2022 will continue a focus on expanding our existing mobile capabilities into telemedical health improvement and wellness across the full lifecycle of health care, health promotion and disease prevention. This will differentiate us in the corporate wellness marketplace and builds on our 2021 initiatives and momentum.”

The impact of poor sleep hygiene on employee performance is costly for employers and insurers. Inadequate sleep and/or disrupted sleep are also one of the modifiable predictors of and contributors to chronic health problems among employees, generating significant avoidable costs for employers. Sleep impacts mental health, incidence of fatigue, burnout and exhaustion, and decreases workplace productivity by \$1,300 to \$3,000 per employee². Work-from-home (WFH) has also created conditions that make the identification of employees at risk or suffering from these conditions much more difficult for management teams and colleagues, as well as far more challenging to support and remediate.

The future of sleep health and hygiene management is rapidly integrating digital tools and home-based solutions in a full lifecycle continuum with workplace efforts. Wellteq is positioned at the forefront of sleep disorder diagnosis, management and wellness coaching through its technology evolution and recent partnership with Monash University, a globally leading research and care delivery institution. Wellteq’s ability to assess and achieve better sleep among large employee populations through a scalable digital platform is a key contributor to the Company’s growth. Revenue from the global sleep market is projected to reach USD \$137 billion by 2026, presenting a substantial and compelling opportunity for digital sleep health and wellness solution providers⁶.

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About WTW

At WTW (NASDAQ: WTW), we provide data-driven, insight-led solutions in the areas of people, risk and capital. Leveraging the global view and local expertise of our colleagues serving 140 countries and markets, we help organizations sharpen their strategy, enhance organizational resilience, motivate their workforce and maximize performance. Working shoulder to shoulder with our clients, we uncover opportunities for sustainable success—and provide perspective that moves you. Learn more at wtwco.com.

About Wellteq Digital Health Inc.

Wellteq Digital Health Inc. is a leading global provider of personalized digital health and wellness solutions across the continuum of care. To learn more, visit <http://www.wellteq.co>.

Download the Wellteq Corporate Presentation:

<https://wellteq.co/about/investors/>

Wellteq Investor Contact:

Glen Akselrod
Bristol Investor Relations
E: glen@bristolir.com
T: (905) 326-1888

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The CSE has neither approved nor disapproved the contents of this news release.