



ALTERNATE HEALTH CORP.

2017 ANNUAL GENERAL MEETING

Notice of Annual General Meeting of Shareholders and Information Circular

Place: Vdara Hotel
2600 West Harmon Avenue
Las Vegas, Nevada, 89158, USA

Time: 3:00 p.m. (Pacific Time)

Date: August 9, 2017



ALTERNATE HEALTH CORP.

CORPORATE DATA

Head Office

Suite 300 - 56 Temperance Street
Toronto, Ontario
M5H3V5, Canada
Telephone: 1.416.607.5757

U.S. Office

2536 Lincoln Blvd.
Venice, California
90291, USA
Telephone: 1.424.377.4185

Directors:

Dr. Michael Murphy, Chairman
James Tykoliz
Jim Griffiths
Dr. Jamison Feramisco
Adam Desmond
Wesley Clark
Bernie Rice

Registrar & Transfer Agent

Computershare Investor Services Inc.
3rd Floor, 510 Burrard Street
Vancouver, British Columbia
V6C3B9, Canada

Legal Counsel

Miller Thomson LLP
400-725 Granville Street
Vancouver, British Columbia
V7Y1G5, Canada

Auditor

BDO Canada LLP
Suite 3600 - 66 Wellington Street West
P.O. Box 131
Toronto, Ontario
M5K1H1, Canada

Stock Exchange Listings

Canadian Securities Exchange - CSE:AHG
OTC Markets – OTCQB:AHGIF

Registered and Records Office

Suite 309 – 1485 West 6th Avenue
Vancouver, British Columbia
V6H4G1, Canada
Telephone: 604.569.4969
Toll free: 1.855.569.4969
Facsimile: 604.736.8254

Officers:

Dr. Michael Murphy, Chairman
Dr. Jamison Feramisco, CEO
Bryan Korba, President
Michael English, CFO
Thomas Bartlett, COO
Marcelin O'Neill, Compliance Officer & Corp. Secretary

ALTERNATE HEALTH CORP.

Suite 309 – 1485 West 6th Ave,
Vancouver, British Columbia, V6H4G1 Canada

NOTICE OF ANNUAL GENERAL MEETING OF SHAREHOLDERS

NOTICE IS GIVEN that the Annual General Meeting (the “**Meeting**”) of the shareholders of **Alternate Health Corp.** (the “**Company**”) will be held on **Wednesday, August 9, 2017**, at 2600 West Harmon Avenue, Las Vegas, Nevada, 89158, USA, at 3:00 p.m. (Pacific Time) for the following purposes:

1. To receive the audited annual consolidated financial statements of the Company for its financial year ended December 31, 2016, together with the Auditor’s report thereon;
2. To determine the number of directors of the Company at six (6);
3. To elect the directors of the Company for the coming year;
4. To appoint BDO Canada LLP, as the Company’s auditor for the ensuing financial year and to authorize the directors to set the auditor’s remuneration;
5. To consider, and if thought fit, to ratify and approve, with or without amendment, an ordinary resolution of disinterested shareholders providing for the approval of the Company’s Incentive Stock Option Plan (the “Stock Option Plan”) wherein the Company will allocate and reserve up to 15% of its issued common shares from time to time for the purpose of granting options under the Stock Option Plan. The full text of the resolution, which also includes approval of the Company’s issuance of share purchase warrants as compensation, is set forth in the Information Circular accompanying this Notice; and
6. To transact such other business as may properly come before the Meeting and any adjournments or postponements thereof.

This Notice is accompanied by an Information Circular (the “Circular”), either a form of Proxy for registered shareholders or a Voting Instruction Form (“VIF”) for beneficial (non-registered) shareholders and Financial Statement Request Form. Please review the accompanying Circular before voting as it contains important information about the Meeting and is deemed to form part of this Notice.

The Company’s Board of Directors has fixed the close of business on the July 5, 2017 as the record date for the determination of shareholders who are entitled to receive notice of, and to vote at, the Meeting. Only shareholders of the Company as of July 5, 2017, are entitled to receive notice of and to vote at the Meeting, and any adjournment or postponement.

If you are a *registered shareholder* of the Company you may attend the Meeting in person or be represented by proxy. Shareholders of the Company who are unable to attend the meeting in person are requested to complete, sign and date the enclosed Proxy/Voting Instruction Form and to mail it to or deposit it with Computershare Investor Services Inc., Proxy Dept., 100 University Avenue, 9th Floor, Toronto, Ontario, M5J2Y1. Telephone and Internet voting can also be completed 24 hours a day, 7 days a week by following the instructions in the accompanying Proxy/Voting Instruction Form. Duly completed forms of Proxy must be received or a vote using the telephone or over the internet must be completed no later than 48 hours (excluding Saturdays, Sundays and statutory holidays) before the time of the Meeting, being 3:00 p.m. (Pacific Time) on August 7, 2017; or any

adjournments or postponements thereof, unless the chairman of the Meeting chooses to exercise his discretion to accept late proxies.

If you are a *non-registered shareholder* of the Company you should complete and return the VIF or other authorization provided to you by your broker, investment dealer, trust company or other intermediary in accordance with the instructions provided. If you are a non-registered shareholder and do not complete and return the materials in accordance with such instructions, you may lose the right to have your Shares voted at the Meeting.

If you do not vote, or do not instruct your broker, investment dealer, bank, trust company or other intermediary how to vote, you will not be considered to be represented by proxy for the purpose of voting. Shares represented by a properly executed proxy will be voted on any ballot that may be conducted at the Meeting in accordance with your instructions and, if you specify a choice with respect to any matter to be acted upon, your Shares shall be voted accordingly. In the absence of instructions your Shares will be voted FOR each of the matters referred to in the proxy.

DATED the 10th day of July, 2017.

By Order of the Board of Directors of

ALTERNATE HEALTH CORP.

“Dr. Michael L. Murphy”

Dr. Michael L. Murphy
Chairman of the Board

ALTERNATE HEALTH CORP.

Suite 309 – 1485 West 6th Ave,
Vancouver, British Columbia, V6H4G1 Canada

INFORMATION CIRCULAR

(containing information as at July 7th, 2017 unless indicated otherwise)

MANAGEMENT SOLICITATION OF PROXIES

This Information Circular is provided in connection with the solicitation of proxies by the management of **Alternate Health Corp.** ("**Alternate Health**" or the "**Company**") for use at the Annual General Meeting (the "**Meeting**"), of the shareholders (the "**Shareholders**") of the Company, to be held on **Wednesday, August 9, 2017**, at Vdara Hotel 2600 West Harmon Avenue, Las Vegas, Nevada, 89158, USA at 3:00 p.m. (Pacific Time) and any adjournments thereof for the purpose set forth in the enclosed Notice of Annual General Meeting (the "**Notice of Meeting**").

The solicitation will be made primarily by mail, however, proxies may be solicited personally or by telephone, or electronic means of communication by the directors, officers, and employees of the Company. The Company will bear all costs of such solicitation.

APPOINTMENT OF PROXYHOLDER AND VOTING BY PROXY

A registered Shareholder may vote in person at the Meeting or may appoint another person to represent you as a proxyholder to vote your shares at the Meeting.

The persons named in the accompanying form of proxy (the "**Proxy**") are directors or officers of the Company, (the "**Management Proxyholders**"). **A Shareholder has the right to appoint a person or company (who need not be a shareholder) other than Management Proxyholders to attend and act for the Shareholder and on the Shareholder's behalf at the Meeting. To exercise this right, a Shareholder must strike out the names of the Management Proxyholders and insert the name of the person or company in the blank space provided in the Proxy, or by executing a proxy in a form similar to the enclosed form.** To be valid, the completed form of Proxy must be delivered to the Company's Registrar and Transfer Agent, Computershare Investor Services Inc. ("Computershare"), at the Proxy Department, 100 University Avenue, 9th Floor, Toronto, Ontario, M5J 2Y1, in the envelope provided for that purpose. Fax: Within North America: 1-866-249-7775, Outside North America: (416) 263-9524. Telephone and Internet voting can also be completed by Shareholders 24 hours a day, 7 days a week at 1-866-734-VOTE(8683) (toll free) and www.investorvote.com. Duly completed forms of Proxy or a vote using the telephone or over the internet must be completed no later than 48 hours (excluding Saturdays, Sundays, and Holidays) before the time of the Meeting or adjournment thereof, unless the chairman of the Meeting elects to exercise his discretion to accept proxies subsequently received. If a Shareholder is a corporation, the proxy must be signed by a duly authorized officer of or attorney for the corporation. A proxyholder need not be a Shareholder.

If you are a Beneficial Shareholder and receive these materials through your broker or through another intermediary, please complete and return the Voting Instruction Form in accordance with the instructions provided by your broker or other intermediary.

EXERCISE OF DISCRETION BY PROXYHOLDERS

A Shareholder may indicate the manner in which the persons named in the accompanying form of Proxy are to vote with respect to a matter to be acted upon at the Meeting. **If the Shareholder specifies a choice in the Proxy with respect to a matter to be acted upon, then the shares represented will be voted or withheld from the vote**

on that matter accordingly. If no choice is specified in the Proxy with respect to a matter to be acted upon, the Proxy confers discretionary authority with respect to that matter upon the proxyholder named in the accompanying form of Proxy. It is intended that the Management Proxyholders in the accompanying form of Proxy will vote the shares represented by the Proxy in favour of each matter proposed by management at the Meeting.

The accompanying form of Proxy, when properly completed and delivered and not revoked, gives discretionary authority upon the named proxyholder with respect to amendments or variations to the matters identified in the accompanying Notice of Meeting and with respect to any other matters which may properly come before the Meeting.

As of the date of this Information Circular, management of the Company is not aware of any such amendments or variations, or any other matters, that will be presented for action at the Meeting other than those referred to in the accompanying Notice of Meeting. If, however, other matters that are not now known to management properly come before the Meeting, then the persons named in the accompanying form of Proxy intend to vote on them in accordance with their best judgment. In order to approve a motion proposed at a Meeting, a majority greater than one-half of the votes cast will be required unless the motion requires a special resolution, in which case a majority of not less than two-thirds of the votes cast will be required. In the event that a motion proposed at the Meeting requires disinterested shareholder approval, common shares held by a Shareholder of the Company who is a "related person" of the Company, as such term is defined under applicable securities laws, will be excluded from the count of votes cast on such motion.

REVOCATION OF PROXIES

A Shareholder who has given a Proxy may revoke it at any time before it is exercised. In addition to revocation in any other manner permitted by law, a Proxy may be revoked by instrument in writing executed by the Shareholder or by his attorney authorized in writing, or, if the Shareholder is a corporation, it must signed by a duly authorized officer (and you may be required to provide documentation evidencing your power to act on behalf of the corporation) and deposited with the Company's registrar and transfer agent, Computershare Investor Services Inc., 100 University Avenue, 9th floor, Toronto, Ontario, M5J2Y1, at any time up to and including the second last business day preceding the Meeting, or any adjournment of it, at which the Proxy is to be used, or to the Chairman of the Meeting on the day of the Meeting or any adjournment of it. A revocation of a Proxy does not affect any matter on which a vote has been taken prior to the revocation.

VOTING BY NON-REGISTERED SHAREHOLDERS (BENEFICIAL SHAREHOLDERS)

The information set forth in this section is of significant importance to many Shareholders as a substantial number of Shareholders do not hold securities of the Company in their own name.

Shareholders who hold their securities through their brokers, intermediaries, trustees or other persons, or who otherwise do not hold their securities in their own name (referred to in this Circular as "**Beneficial Shareholders**") should note that only proxies deposited by Shareholders who appear on the records maintained by Computershare, the Company's registrar and transfer agent, as registered holders of voting securities will be recognized and acted upon at the Meeting. If voting securities are listed in an account statement provided to a Beneficial Shareholder by a broker, those voting securities will, in all likelihood, not be registered in the Shareholder's name. Such voting securities more likely will be registered under the name of the Shareholder's broker or an agent of that broker. In Canada, the vast majority of such shares are registered under the name of CDS& Co. (the registration name of the Canadian Depositary for Securities which acts as nominee for many Canadian brokerage firms). Voting securities held by brokers (or their agents or nominees) on behalf of a broker's client can only be voted (for or against resolutions) at the direction of the Beneficial Shareholder. Without specific instructions, brokers and their agents and nominees are prohibited from voting shares for the broker's clients. **Therefore, each Beneficial Shareholder should ensure that voting instructions are communicated to the**

appropriate person.

In accordance with National Instrument 54-101 - *Communication with Beneficial Owners of Securities of a Reporting Issuer*, the Company has distributed copies of the Notice of Meeting, this Information Circular and the Proxy/Voting Instruction Form to the clearing agencies and intermediaries for onward distribution to Beneficial Shareholders. Applicable regulatory policy requires intermediaries/brokers to seek voting instructions from Beneficial Shareholders in advance of shareholders' meetings unless the Beneficial Shareholder has waived the right to receive meeting materials. The various brokers and other intermediaries have their own mailing procedures and provide their own return instructions to clients, which should be carefully followed by Beneficial Shareholders in order to ensure that their voting securities are voted at the Meeting. The purpose of the form of proxy supplied to a Beneficial Shareholder by its broker (or the agent of the broker), is limited to instructing the Registered Shareholder (i.e., the broker or agent of the broker) how to vote on behalf of the Beneficial Shareholder. The vast majority of brokers now delegate responsibility for obtaining instructions from clients to Broadridge Investor Communications Solutions, Canada ("**Broadridge**"). Broadridge typically prepares a machine-readable voting instruction form, mails such forms to Beneficial Shareholders and asks Beneficial Shareholders to return the forms to Broadridge or otherwise communicate voting instructions to Broadridge by way of the Internet or telephone or other voting procedures. Broadridge then tabulates the results of all instructions received and provides appropriate instructions respecting the voting of shares to be represented at the Meeting. **A Beneficial Shareholder who receives a Broadridge voting instruction form cannot use that form to vote their securities directly at the Meeting. The voting instruction forms must be returned to Broadridge (or instructions respecting the voting of securities must otherwise be communicated to Broadridge) well in advance of the Meeting in order to have the securities voted.** If you have any questions respecting the voting of securities held through a broker or other intermediary, please contact that broker or other intermediary promptly for assistance. Although a Beneficial Shareholder may not be recognized directly at the Meeting for the purposes of voting securities registered in the name of his broker, a Beneficial Shareholder may attend the Meeting as proxyholder for the Registered Shareholder and vote the securities in that capacity. Beneficial Shareholders who wish to attend the Meeting and indirectly vote their common shares as proxyholder for the registered shareholder should contact their broker, agent or nominee well in advance of the Meeting to determine the steps necessary to permit them to indirectly vote their common shares as a proxyholder.

RECORD DATE AND QUORUM

The Company has set the close of business on July 5, 2017, as the record date (the "**Record Date**") for the Meeting. Only the common shareholders as at the Record Date are entitled to receive notice of and to vote at the Meeting. Under the Articles of the Company, subject to the special rights and restrictions attached to the shares of any class or series of shares, the quorum for the transaction of business at the Meeting is one or more persons, present in person or by proxy.

The directors, the president, if any, the secretary, if any, and any lawyer or auditor for the Company are entitled to attend any meeting of shareholders, but if any of those persons do attend a meeting of shareholders, that person is not to be counted in the quorum, and is not entitled to vote at the meeting, unless that person is a shareholder or proxy holder entitled to vote at the meeting.

INTEREST OF CERTAIN PERSONS IN MATTERS TO BE ACTED UPON

Except as disclosed in this Circular, no person has any material interest, direct or indirect, by way of beneficial ownership of securities or otherwise, in matters to be acted upon at the Meeting. For the purpose of this paragraph, "person" includes each person: (a) who has been a director or executive officer of the Company at any time since the commencement of the Company's last financial year; (b) who is a proposed nominee for election as a director of the Company; or (c) who is an associate or affiliate of a person included in subparagraphs (a) or (b), except that directors and executive officers of the Company and persons proposed as nominees for election as

directors of the Company are eligible to receive stock options pursuant to the Stock Option Plan, approval of which will be sought at the Meeting.

VOTING SECURITIES AND PRINCIPAL HOLDERS OF VOTING SECURITIES

The Company is authorized to issue an unlimited number of common shares without par value. As of the Record Date, being the close of business on July 5, 2017, a total of 52,043,528 common shares were issued and outstanding. The holders of common shares are entitled to one vote for each common share held.

The issued and outstanding common shares are listed for trading on the Canadian Securities Exchange under the trading symbol 'AHG' and on the OTC Markets (OTCQB) under the symbol 'AHGIF'.

To the knowledge of the directors and executive officers of the Company, and based upon the Company's review of the records maintained by Computershare, the following shareholders and persons are the only persons that beneficially own, directly or indirectly, or exercise control or direction over, shares carrying more than 10% of the voting rights attached to all outstanding common shares of the Company:

Name of Shareholder	Number of Shares beneficially held	Percentage of Issued voting shares ⁽¹⁾
DCNetCast Media Group Inc.	7,259,375	13.95%
Dr. Michael Murphy MLM Heritage Trust	5,840,392	11.22%

EXECUTIVE COMPENSATION

The Company is a venture issuer and is disclosing its executive compensation in accordance with Form 51-102F6V.

The following persons are considered the "Named Executive Officers" or "NEOs" for the purposes of this disclosure:

- (a) the Company's chief executive officer ("CEO");
- (b) the Company's chief financial officer ("CFO");
- (c) each of the Company's most highly compensated executive officers, other than the CEO and CFO, at the end of the most recently completed financial year whose total compensation was, individually more than \$150,000, as determined in accordance with subsection 1.3(5) of Form 51-102F6V, for the December 31, 2016 year end; and
- (d) each individual who would be a Named Executive Officer under paragraph (c) but for the fact the individual was neither an executive officer, nor acting in a similar capacity at December 31, 2016.

Director and Named Executive Officer Compensation, excluding Compensation Securities

The following table provides a summary of compensation paid or accrued, payable, awarded, granted, given, or otherwise provided, directly or indirectly, by the Company or any subsidiary of the Company to each Named Executive Officer and director of the Company during the Company's two most recent financial years ended December 31, 2016 and December 31, 2015. During the year ended December 31, 2016, the Company acquired Alternate Health Inc. ("AHI") and its subsidiaries and the acquisition was accounted for as a reverse takeover of the Company by AHI; therefore the Company's financial statements for the year ended December 31, 2016 reflects a consolidation of the accounts of the Company, AHI and the subsidiaries of AHI.

Table of compensation excluding compensation securities							
Name and position ⁽¹⁾	Year	Salary, consulting fee, retainer or commission (\$)	Bonus (\$)	Committee or meeting fees ⁽²⁾ (\$)	Value of perquisites ⁽³⁾ (\$)	Value of all other compensation (\$)	Total compensation (\$)
Marjorie Sanderson Former CEO and Former Director	2016	Nil	Nil	N/A	Nil	Nil	Nil
	2015 ⁽⁴⁾	Nil	Nil	N/A	Nil	Nil	Nil
Jim Griffiths Director and Former CFO	2016	Nil	Nil	N/A	Nil	Nil	Nil
	2015 ⁽⁵⁾	Nil	Nil	N/A	Nil	Nil	Nil
Marcelin O'Neill Corporate Secretary and Former Director	2016	Nil	Nil	N/A	Nil	Nil	Nil
	2015 ⁽⁶⁾	Nil	Nil	N/A	Nil	Nil	Nil
James Tykoliz Director	2016	Nil	Nil	N/A	Nil	Nil	Nil
	2015 ⁽⁷⁾	Nil	Nil	N/A	Nil	Nil	Nil
Rick Macartney Former Director	2016	Nil	Nil	N/A	Nil	Nil	Nil
	2015 ⁽⁸⁾	Nil	Nil	N/A	Nil	Nil	Nil

Notes:

- (1) The late Mr. Bobby Curtola, former Chairman and director of the Company until June 4, 2016 is not included in the table. His compensation disclosure for the financial year ended December 31, 2015 is included in the Company's information circular for its previous AGM held on May 26, 2016, and no compensation was paid to him in 2016.
- (2) As of the year ended December 31, 2016, there was no standard meeting fee or committee fee for attendance at directors' meetings or serving on committees.
- (3) The value of perquisites and benefits, if any, was less than \$15,000.
- (4) Marjorie Sanderson served as a director and CEO from May 13, 2015 to February 1, 2017.
- (5) Jim Griffiths has been a director since September 3, 2015 and served as CFO from September 3, 2015 to February 1, 2017.
- (6) Marcelin O'Neill served as a director from October 26, 2014 to April 17, 2015 and from May 4, 2015 to February 1, 2017, and as Corporate Secretary since October 26, 2014.
- (7) James Tykoliz has been a director since April 16, 2015.
- (8) Rick Macartney served as a director from April 16, 2015 to February 1, 2017.

Stock Options and Other Compensation Securities

The following table discloses all compensation securities granted or issued during the most recently completed financial year ended December 31, 2016 to each Named Executive Officer and director for services provided or to be provided, directly or indirectly, to the Company or its subsidiary. The material terms of the Company's Stock Option Plan is described in this Information Circular under the heading "*Particulars of Matters to be Acted Upon - Ratification and Approval of Stock Option Plan*". The Stock Option Plan was last approved by shareholders of the Company on May 26, 2016.

Compensation Securities							
Name and position	Type of compensation security	Number of compensation securities, number of underlying securities, and percentage of class	Date of issue or grant	Issue, conversion or exercise price (\$)	Closing price of security or underlying security on date of grant (\$)	Closing price of security or underlying security at year end (\$)	Expiry date
Marjorie Sanderson Former CEO and Former Director	Stock Options	25,000 ⁽¹⁾	December 22, 2016	\$1.00	N/A ⁽²⁾	N/A ⁽²⁾	February 1, 2018 ⁽³⁾
Jim Griffiths Director and Former CFO	Stock Options	200,000 ⁽¹⁾	December 22, 2016	\$1.00	N/A ⁽²⁾	N/A ⁽²⁾	June 22, 2018
Marcelin O'Neill Compliance Officer and Corporate Secretary and Former Director	Stock Options	25,000 ⁽¹⁾	December 22, 2016	\$1.00	N/A ⁽²⁾	N/A ⁽²⁾	June 22, 2018
James Tykoliz Director	Stock Options	150,000 ⁽¹⁾	December 22, 2016	\$1.00	N/A ⁽²⁾	N/A ⁽²⁾	June 22, 2018
Rick Macartney Former Director	Stock Options	150,000 ⁽¹⁾	December 22, 2016	\$1.00	N/A ⁽²⁾	N/A ⁽²⁾	February 1, 2018 ⁽³⁾

Notes:

- (1) All of these stock options are fully vested.
- (2) The Company's common shares did not commence trading on the CSE until January 24, 2017, so no closing price is applicable for the relevant dates.
- (3) Ms. Sanderson and Mr. Macartney resigned their involvement with the Company effective February 1, 2017, so their options expire within 365 days of them ceasing to be involved with the Company.

Exercise of Compensation Securities by Directors and NEOs

During the financial year ending December 31, 2016, none of the Named Executive Officers or directors exercised any stock options.

Employment, Consulting and Management agreements

During the financial year ending December 31, 2016, the Company had no employment, consulting or management agreements pursuant to which directors or Named Executive Officers were compensated by the Company for their services as Named Executive Officers, directors, for committee participation, or for involvement in special assignments.

Oversight and Description of Director and Named Executive Officer Compensation

The compensation of the Named Executive Officers is determined by the Board. The Board evaluates individual executive performance with the goal of setting compensation at levels that they believe are comparable with executives in other companies of similar size and stage of development operating in the same industry. In connection with setting appropriate levels of compensation the Board bases its decisions on general business and industry knowledge and experience and publicly available information of comparable companies while also taking

into account the Company's relative performance and short term and strategic objectives, and to continuing to provide executives with compensation that is in accordance with existing market standards generally and competitive within the same industry. The Company was focused on closing its transaction with AHI during the financial year ended December 31, 2016, and no cash compensation was granted to the Company's executive officers during the financial year then ended. Stock options were granted to the Named Executive Officers and the directors as disclosed in the table above. For the current financial year, the Company will be evaluating its compensation practices to determine appropriate compensation to motivate and reward executives and drive corporate performance.

As at December 31, 2016, the Company had no arrangements, standard or otherwise, pursuant to which directors were compensated by the Company or its subsidiaries for their services in their capacity as directors. The directors of the Company may be reimbursed for actual expenses reasonably incurred in connection with the performance of their duties as directors. Directors are also eligible to receive incentive stock options to purchase common shares of the Company under the Company's Stock Option Plan.

SECURITIES AUTHORIZED FOR ISSUANCE UNDER EQUITY COMPENSATION PLANS

As at December 31, 2016, our equity compensation plan consisted of our Stock Option Plan which was adopted by the Board on November 24, 2015 and ratified and approved by the shareholders of the Company at its last Annual General Meeting held on May 26, 2016.

The following table sets forth information with respect to the stock options outstanding under the Stock Option Plan as at December 31, 2016.

Plan Category	Number of securities to be issued upon exercise of outstanding options, warrants, and rights (a)	Weighted-average exercise price of outstanding options warrants, and rights (b)	Number of securities remaining available for future issuance under equity compensation plans (excluding securities reflected in column (a)) (c)
Equity compensation plans previously approved by shareholders ⁽¹⁾	1,800,000	\$1.00	3,137,435
Equity compensation plans not previously approved by shareholders	Nil	Nil	Nil
Total	1,800,000	\$1.00	3,137,435

Note:

- (1) As at December 31, 2016, there were 32,916,236 issued and outstanding common shares of the Company. The "rolling" 15% Stock Option Plan, whereby 15% of the number of issued and outstanding shares of the Company at any given time may be reserved for issuance pursuant to the exercise of options, was adopted by the Company's Board of Directors on November 24, 2015, and will be voted upon, for confirmation and ratification, by the shareholders of the Company at the Meeting.

INDEBTEDNESS OF DIRECTORS AND EXECUTIVE OFFICERS

During the last completed financial year, no director, executive officer, or nominee for director of the Company or any of their associates has been indebted to the Company or any of its subsidiaries, nor has any of these individuals been indebted to another entity which indebtedness is the subject of a guarantee, support agreement, letter of credit or other similar arrangement or understanding provided by the Company or any of its subsidiaries.

INTEREST OF INFORMED PERSONS IN MATERIAL TRANSACTIONS

Except as disclosed in this Information Circular, since the commencement of the last completed financial year, no “informed person” has had any material interest, direct or indirect, in any transaction or any proposed transaction that has materially affected or would materially affect the Company or any of its subsidiaries. “Informed Person” means: (a) a director or executive officer of the Company; (b) a director or officer of a person or company that is itself an informed person or subsidiary of the Company; or (c) any person or company who beneficially owns, or controls or directs, directly or indirectly, voting securities of the Company carrying more than 10% of the voting rights attached to all outstanding voting securities of the Company.

Certain directors and executive officers of the Company were also directors, officers and shareholders of AHI. Those directors and executive officers, in their capacity as shareholders of AHI, received common shares of the Company in exchange for their common shares of AHI, on the same terms as all of the other securityholders of AHI, when the share exchange transaction closed in December 2016.

In 2017, the Company closed certain material transactions involving Dr. Michael Murphy, and companies or entities in which he held an interest, including the acquisition of Alternate Health Labs, Inc., and the acquisition of a 20% interest in Clover Trail Capital LLC. These transactions are disclosed in the Company’s public disclosure record, and were closed before Dr. Murphy joined the Board in April 2017.

The directors and officers of the Company have an interest in the resolution concerning the election of directors and the approval of the Stock Option Plan; however, the directors are excluded from voting on the approval of the Stock Option Plan. For more information please refer to the section entitled “*Particulars of Matters to be Acted Upon*”.

MANAGEMENT CONTRACTS

Management functions of the Company are, and since the beginning of the most recently completed financial year have been, performed by the directors and executive officers of the Company, or private companies controlled by such directors or officers, and are not to any substantial degree performed by any other person or Company.

CORPORATE GOVERNANCE DISCLOSURE

Corporate Governance Practices

Corporate governance relates to activities of the Board of Directors, the members of which are elected by and are accountable to the shareholders, and takes into account the role of the individual members of management who are appointed by the Board of Directors and who are charged with the day to day management of the Company. The Board is committed to sound corporate governance practices which are both in the interest of its shareholders and contribute to effective and efficient decision making. National Instrument 58-101, *Disclosure of Corporate Governance Practices*, requires that each reporting issuer disclose its corporate governance practices on an annual basis. The Company is a venture issuer and is disclosing its general approach to corporate governance in accordance with Form 58-101F2.

Board of Directors

The Board of Directors is currently composed of seven directors. All director nominees are current directors of the Company, except for one.

Independence

Section 1.4 of National Instrument 52-110 - *Audit Committees* (“NI 52-110”), sets out the standard for director independence. Under NI 52-110, a director is independent if he or she has no direct or indirect material relationship

with the Company. A material relationship is a relationship which could, in the view of the Board of Directors, be reasonably expected to interfere with the exercise of a director's independent judgment. NI 52-110 also sets out certain situations where a director will automatically be considered to have a material relationship to the Company.

Applying the definition set out in NI 52-110, three of the seven Board members are independent: James E. Tykoliz, Wesley Clark and Bernie Rice are independent. Dr. Michael Murphy is not independent as he is the Company's Chairman and Dr. Jamison Feramisco is not independent as he is the Company's Chief Executive Officer. Jim Griffiths is not considered independent because he acted as the Company's Chief Financial Officer within the last three years and Adam Desmond is not considered independent as he, or firm of which he is principal, performed consulting work for the Company, which in the 12 month period preceding the date of this Information Circular, exceeded \$75,000.

The Board of Directors facilitates its exercise of independent supervision over management by carefully examining issues and consulting with outside counsel and other advisors in appropriate circumstances. The Board of Directors believes that fiduciary duties placed on individual directors by the Company's governing corporate legislation and the common law, as well as the restrictions placed by applicable corporate legislation on the individual director's participation in decisions of the Board in which the director has an interest, have been sufficient to ensure that each director exercises independent judgment in carrying out his responsibilities and acting in the best interests of the Company

Other Directorships

In addition to their position on the Board of Directors, the following directors also serves as a director of the following reporting issuers or reporting issuer equivalents:

Name	Name of Reporting Company	Exchange or Market	Position	From	To
Jim Griffiths	Allied Properties REIT	TSX	Director	05/2006	Present
	Enssolutions Group Inc.	TSX-V	Director	10/2008	Present
Wesley Clark					
	BNK Petroleum Inc.	TSX	Director	07/2009	Present
	Rentech Inc.	NASDAQ	Director	11/2010	Present
	Leagold Mining Corporation	TSX.V	Director	09/2016	Present

Orientation and Continuing Education

The Company has not adopted a formalized process of orientation for new Board members. Orientation of new directors is conducted on an ad hoc basis. The Board briefs all new directors on the policies of the Board, Insider Trading Policy, Code of Business Conduct and Ethics, and other relevant corporate and business information. Directors are kept informed as to matters impacting, or which may impact, the Company's operations through reports and presentations at Board meetings.

Ethical Business Conduct

The Board is apprised of the activities of the Company and ensures that it conducts such activities in an ethical manner. The Board adopted a written code of Business Conduct and Ethics on October 26, 2016. The Board encourages and promotes an overall culture of ethical business conduct by promoting compliance with applicable laws, rules and regulations; providing guidance to consultants, officers and directors to help them recognize and deal with ethical issues; promoting a culture of open communication, honesty and accountability; and ensuring awareness of disciplinary actions for violations of ethical business conduct.

The Board of Directors is also responsible for applying governance principles and practices, tracking development in corporate governance, and adapting "best practices" to suit the needs of the Company. Certain of the directors of the Company may also be directors and officers of other companies, and conflicts of interest may arise between their duties.

To date, the Board has found that the fiduciary duties placed on individual directors by the Company's governing corporate legislation and the common law and the restrictions placed by applicable corporate legislation on an individual director's participation in decisions of the Board in which the director has an interest have been sufficient to ensure that the Board operates independently of management and in the best interests of the Company. Under the corporate legislation, a director is required to act honestly and in good faith with a view to the best interests of the Company and exercise the care, diligence and skill that a reasonably prudent person would exercise in comparable circumstances. A director must disclose to the Board the nature and extent of any interest of the director in any material contract or material transaction, whether made or proposed, if the director is a party to the contract or transaction, is a director or officer (or an individual acting in a similar capacity) of a party to the contract or transaction or has a material interest in a party to the contract or transaction.

The disclosure must be evidenced in writing by being included in the consent resolutions or minutes of the meeting that approved the transaction or in a written disclosure delivered to the Company's records office. Unless the director properly discloses his interest and has the transaction properly approved, he may be liable to account to the Company for any profit he makes as a result of the transaction, unless the court finds that the transaction was fair and reasonable to the Company. Once the appropriate disclosure has been made by the interested director, the transaction must be approved by the directors or by the shareholders by special resolution. An interested director would not be entitled to vote at meetings of directors which evoke any such conflict.

Nomination of Directors

The Board does not have a nominations committee or a formal procedure with respect to the nomination of directors. In general, nominees will be the result of recruitment efforts by members of the Board, including both formal and informal discussions among members of the Board.

The nominating function is performed by the Board of Directors as a whole and is responsible for identifying individuals qualified to become new Board members and recommending to the Board new director nominees to fill vacancies and to fill the slate of directors for the next annual meeting of shareholders. The Board considers its size each year when it considers the number of directors to recommend to the shareholders for election at the annual meeting of shareholders, taking into account the number required to carry out the Board's duties effectively and to maintain a diversity of views and experience. New nominees must have a track record in general business management, special expertise in an area of strategic interest to the Company, the ability to devote the time required, show support for the Company's mission and strategic objectives, and demonstrate a willingness to serve.

Compensation

The Board does not have a compensation committee or a formal procedure with respect to determining compensation for its personnel. These functions are currently performed by the Board as a whole; however, this policy may be reviewed in the future depending on the circumstances of the Company.

The Board periodically reviews the compensation paid to the Company's officers, directors, and key employees, ensuring that such compensation realistically reflects the responsibilities of such positions and based on such factors as time commitment and level of responsibility, comparative fees paid by other companies in same industry in North America, and the Company's current position as a venture company.

Other Board Committees

In addition to the Audit Committee, the Board of Directors has an Executive Committee. Messieurs Michael Murphy (Chair), Jamison Feramisco, and Bernie Rice are members of the Company's Executive Committee.

Assessments

The Board is responsible for the stewardship of the Company through the supervision of the business and management of the Company. This mandate is accomplished directly and through the Audit Committee.

The Board of Directors conducts periodic assessments of its members including individual assessments to determine if the Board and the individual directors are performing efficiently. Based on the Company's size, stage of development, and the limited number of individuals on the Board of Directors, the Board considers a formal assessment process to be unnecessary at this time. As the activities of the Company develop, it will consider the establishment of more formal evaluation procedures, including more quantitative measures of performance.

AUDIT COMMITTEE DISCLOSURE

Pursuant to *National Instrument 52-110 - Audit Committees*, the Company is required to disclose certain information concerning the constitution of its Audit Committee and its relationship with its independent auditors. The Company is a venture issuer and is disclosing this information in accordance with Form 52-110F2.

The Audit Committee Charter

The overall purpose of the Audit Committee is to assist the Board in fulfilling its oversight responsibilities with respect to: the financial reporting process and the quality, transparency and integrity of the financial statements and other related public disclosures; internal controls over financial reporting; compliance with legal and regulatory requirements relevant to the financial statements and financial reporting; ensuring that there is an appropriate standard of corporate conduct for senior financial personnel and employees including, if necessary, adopting a corporate code of ethics; the external auditors' qualifications and independence; and the performance of the internal audit function and the external auditor.

The Company's Audit Committee is governed by an Audit Committee Charter, a copy of which is attached as Schedule "A".

Composition of the Audit Committee

The following are the members of the Audit Committee:

Jim Griffiths (Chair)	Not Independent ⁽¹⁾	Financially literate
James Tykoliz	Independent	Financially literate
Adam Desmond	Not Independent ⁽²⁾	Financially literate

Notes:

- (1) Jim Griffiths is not considered independent, as such term is defined in NI 52-110, because he acted as the Company's Chief Financial Officer within the last three years; however he is not an executive officer of the Company, nor is he involved in the day-to-day management of the Company, so may be considered independent in the conventional sense.
- (2) Adam Desmond is not considered independent, as such term is defined in NI 52-110, as he, or firm of which he is principal, performed consulting work for the Company, which in the 12 month period preceding the date of this Information Circular, exceeded \$75,000; however he is not an executive officer of the Company, nor is he involved in the day-to-day management of the Company, so may be considered independent in the conventional sense.

The Audit Committee complies with requirements for venture issuers, such that the majority of its members are not executive officers, employees or control persons of the Company. All of its members are "financially literate" in accordance with Section 1.6 of NI 52-110, which states that an individual is financially literate if he or she has the ability to read and understand a set of financial statements that presents a breadth and level of complexity of accounting issues that are generally comparable to the breadth and complexity of the issues that can reasonably be expected to be raised by the Company's financial statements.

A member of the Audit Committee is independent if the member has no direct or indirect material relationship with the Company. A material relationship means a relationship which could, in the view of the Board, reasonably interfere with the exercise of a member's independent judgment

Relevant Education and Experience

In addition to each member's general business experience, the education and experience of each Audit Committee member that is relevant to the performance of his/her responsibilities as an Audit Committee member is as follows:

Mr. Jim Griffiths is a former member of the Board of Trustees of the Center for Addiction and Mental Health ("CAMH") in Toronto. Mr. Griffiths has a Masters in Business Administration, is a chartered professional accountant (CPA), and has over 30 years of experience in the real estate development/financing industries. He was the Vice President Finance of Genstar Property Corporation and the President of First City Development Corp. He was also President and director of RealFund, Canada's first public Real Estate Investment Trust and Krystal Bond Inc. During his career, he has had responsibility for real estate asset acquisitions and sales of over \$2 billion. In addition, he is very experienced in financing real estate and has negotiated and placed real estate loans in an amount exceeding \$2.5 billion. Mr. Griffiths was a past director of Pinetree Capital Inc., the Canadian Institute of Public Real Estate Companies and was the Founding Chairman of the Association of Foreign Investors in U.S. Real Estate. He is currently a director of Allied Properties Real Estate Investment Trust, Enssolutions Group Inc., and Champion Partners and is President of KLC Capital Investment Corporation, which provides financial advisory services.

Mr. James Tykoliz has over 28 years of client service oriented, solution selling experience in online, data driven, financial service environments, including analyzing data to identify problems and opportunities that drive sales and revenues. Building on his degrees in Finance & Economics from the University of Western Ontario, Mr. Tykoliz restarted his career and rapidly rose to servicing large multi-national accounts for pharmaceutical and packed goods companies at A.C. Nielsen Market Research before applying his data analysis skills to drive revenues through data driven sales and marketing programs applied to online gaming companies.

Mr. Adam Desmond has over 20 years of investment banking experience. Mr. Desmond began his career at the Chicago Mercantile Exchange in the financial quadrant. He then went on to Raymond James and Associates where he helped develop a high yield fixed income department. This experience gave him the groundwork to found ASG Securities in 1998. There, his vision was to focus exclusively on small/mid-cap banks and thrift markets. In 2004, ASG Securities transformed into FIG Partners LLC. As Founder and one of the Managing Principals, Adam and his team added a research division to expand the business from a sales and trading platform into a full-service investment banking firm. This implementation resulted in full research on over 120 banks. Under his leadership, as co-head of Investment Banking, Adam assembled a team of principals at raised more than \$2.5 billion in equity since 2007 and completed more than 95 whole bank transactions throughout the United States. Mr. Desmond's expertise in the banking sector has brought him into contact with top executives from over 250 banks and thrifts, as well as building close relationships with the foremost institutional equity managers.

The experiences of the members of the Audit Committee has given each:

- (i) an understanding of the accounting principles used by the Company to prepare its financial statements;
- (ii) the ability to assess the general application of accounting principles in connection with accounting estimates, accruals and reserves;
- (iii) experience analyzing and evaluating financial statements similar to those of the Company; and
- (iv) an understanding of internal controls and procedures for financial reporting pertinent to the Company.

The Audit Committee meets no less frequently than quarterly, separately with the Auditor and the CFO, to review the Company's accounting practices, internal controls and such other matters as the Audit Committee or CFO deem appropriate.

Audit Committee Oversight

At no time since the commencement of the Company's most recent completed financial year has a recommendation of the Audit Committee to nominate or compensate an external auditor not been adopted by the Board of Directors.

Reliance on Certain Exemptions

At no time since the commencement of the Company's most recently completed financial year has the Company relied on the exemption in Section 2.4 of NI 52-110 (de minimis non-audit services), the exemption in subsection 6.1.1(4) (Circumstance Affecting the Business or Operations of the Venture Issuer), the exemption in subsection 6.1.1(5) (Events Outside of Control of Member), the exemption in subsection 6.1.1(6) (Death, Incapacity or Resignation) or an exemption from NI 52-110, in whole or in part, granted under Part 8 of NI 52-110.

Pre-Approval Policies and Procedures

The Audit Committee has adopted specific policies and procedures for the engagement of non-audit services as set out in the Audit Committee Charter of the Company. The Audit Committee must pre-approve any engagement of the external auditor for any non-audit services to the Company in accordance with applicable law and policies and procedures to be approved by the Board. The engagement of non-audit services will be considered by the Board on a case by case basis.

External Auditor Service Fees

The auditors' fees for each of the last two financial years, by category, are as follows:

Nature of Services	Financial Year Ended December 31, 2016	Financial Year Ended December 31, 2015
Audit Fees	\$69,130	\$6,500
Audit-Related Fees	\$Nil	\$Nil
Tax Fees	\$Nil	\$Nil
All Other Fees	\$Nil	\$Nil
Total	\$69,130	\$6,500⁽¹⁾

Note:

- (1) The consolidated fees to the Company's auditor for the Company and AHI are as disclosed in the Company's prospectus dated November 29, 2016.

Audit Fees

Audit fees were paid for professional services rendered by the auditors for the Company's annual audited financial statements, as well as services provided in connection with statutory and regulatory filings. Audit Fees include aggregate fees for review of tax provisions and for accounting consultations on matters reflected in the financial statements.

Audit-Related Fees

No audit-related fees were paid; however, these fees may be paid for assurance and related services that are reasonably related to the performance of the audit or review of the annual financial statements or interim financial statements, and are not reported under the audit services category above. These services included consultations on IFRS and financial statement disclosures, and discussion with management and audit committee members on internal controls and account procedures.

Tax Fees

Tax Fees include fees for all tax services other than those included in “Audit Fees” and “Audit-Related Fees”. This category includes aggregate fees for tax compliance, tax planning and tax advice, including GST and HST matters. Tax fees may be paid for tax compliance, tax advice and tax planning professional services. These services may consist of providing advice regarding intellectual property, commodity and tax reviews, reviewing tax returns, providing advice regarding corporate structure, and assisting in responses to government tax authorities.

All Other Fees

All Other Fees include all other non-audit services, in the aggregate. No other fees were paid for products and services other than the audit fees and tax services fees described above.

Exemption

The Company is relying upon the exemption in section 6.1 of NI 52-110 in respect of the composition of its Audit Committee and in respect of its reporting obligations under NI 52-110.

PARTICULARS OF MATTERS TO BE ACTED UPON

1. Presentation of the Audited Financial Statements

The audited annual financial statements of the Company for the financial year ended December 31, 2016 and the report of the auditors thereon, will be submitted to the Meeting. **THE AUDITED FINANCIAL STATEMENTS OF THE COMPANY FOR THE FINANCIAL YEAR ENDED DECEMBER 31, 2016, AND THE ACCOMPANYING MANAGEMENT DISCUSSION AND ANALYSIS WERE FILED ON SEDAR IN ACCORDANCE WITH SECURITIES LAWS AND HAVE BEEN MAILED TO ALL SHAREHOLDERS WHO HAD REQUESTED THEM.**

If you wish to receive either or both of the annual audited financial statements and interim financial statements and accompanying MD&A for the 2017 financial year (which commenced on January 1, 2017), you must complete and return the “Annual/Interim Financial Statement and MD&A Request Form” accompanying this Information Circular.

2. Number of Directors

Management of the Company proposes that the number of directors for the Company be set at six for the coming year, subject to such increases as may be permitted by the Articles of the Company. At the Meeting, shareholders will be asked to pass an ordinary resolution to set the number of directors of the Company for the coming year at six. The number of directors will be approved if the affirmative vote of the majority of common shares present or represented by proxy at the Meeting and entitled to vote are voted in favour to set the number of directors at six.

3. Election of Directors

Each director is elected annually and holds office until the next annual meeting of shareholders, unless that person ceases to be a director before then. Accordingly, the term of office of each of the present directors expires immediately before the election of directors at the Meeting, but is eligible for re-election. The Company’s Board of Directors proposes to nominate the persons named in the table below for election as directors of the Company, (each, a “proposed director”) and, in the absence of instructions to the contrary, the shares represented by proxies will be voted in favour of each proposed director. Management does not contemplate that any of the proposed directors will be unable to serve as a director. Each director elected will hold office until the next annual general meeting of the Company or until his successor is elected or appointed, unless his office is earlier vacated, or he becomes disqualified to act as a director, in accordance with the Articles of the Company, or the provisions of the *Business Corporations Act* (British Columbia).

The following table sets out the names of management's nominees for election as directors, all offices in the Company each nominee now holds, each nominee's principal occupation, business or employment, the period of time during which each nominee has been a director of the Company and the number of common shares of the Company beneficially owned by each nominee, directly or indirectly, or over which each nominee exercised control or direction, as at the Record Date (July 5, 2017).

Name, Jurisdiction of Residence and Position Held with the Company	Principal Occupation for the Past Five Years ⁽³⁾	Director of the Company Since	Common Shares Beneficially Owned or Controlled ⁽³⁾
Dr. Michael L. Murphy ⁽²⁾ San Antonio, TX, USA <i>Chairman and Director</i>	Businessman and Physician	March 28, 2017	5,840,392 ⁽⁴⁾
Dr. Jamison Feramisco ⁽²⁾ Arlington, TX, USA <i>CEO and Director</i>	Healthcare Entrepreneur, Executive, and Physician	February 1, 2017	Nil
Jim Griffiths ⁽¹⁾ Toronto, ON, Canada <i>Director</i>	KLC Holding, Financial and Business Consultant, (April 2011 to present); Enssolutions Group Inc., Interim CEO (March 2015 to January 2016) and Director (Oct. 2008 to present); Allied Properties REIT, Director (May 2006 to	September 3, 2015	800,000
James E. Tykoliz ⁽¹⁾ Toronto, ON, Canada <i>Director</i>	DC NetCast Media Group Inc., Chief Information Officer (April 2011 to present)	April 16, 2015	4,137,000 ⁽⁵⁾
J. Bernard Rice ⁽²⁾ Roswell, GA, USA <i>Director</i>	Rice Capital Group – Managing Member.	June 22, 2017	Nil
Michael Klipper New York, NY, USA <i>Proposed Director</i>	Managing Director, The Klipper Group.	N/A	100,000

Notes:

- (1) Member of Audit Committee
- (2) Member of Executive Committee
- (3) This information not being within the knowledge of the Company, has been furnished by the respective directors individually.
- (4) This reflects shares owned by Dr. Murphy directly and through MLM Heritage Trust, of which Dr. Murphy is trustee.
- (5) This reflects shares owned by Mr. Tykoliz directly. DC Netcast Media Group Inc., of which Mr. Tykoliz controls, owns a further 7,259,375 common shares.

Cease Trade Orders, Bankruptcies, Penalties or Sanctions

To the knowledge of the Company, other than as disclosed below, no proposed director:

- (a) is, as at the date of this Circular, or has been, within 10 years before the date of this Circular, a director, chief executive officer or chief financial officer of any company (including the Company) that,
 - (i) was subject to an order that was issued while the proposed director was acting in the capacity as director, chief executive officer or chief financial officer; or
 - (ii) was subject to an order that was issued after the proposed director ceased to be a director, chief executive officer or chief financial officer and which resulted from an event that occurred while that person was acting in the capacity as director, chief executive officer or chief financial officer;
- (b) is, as at the date of this Circular, or has been within 10 years before the date of this Information Circular, a director or executive officer of any company (including the Company) that, while that person was acting in that capacity, or within a year of that person ceasing to act in that capacity, became bankrupt, made a proposal under any legislation relating to bankruptcy or insolvency or was subject to or instituted any proceedings, arrangement or compromise with creditors or had a receiver, receiver manager or trustee appointed to hold its assets;
- (c) has, within the 10 years before the date of this Circular, become bankrupt, made a proposal under any legislation relating to bankruptcy or insolvency, or become subject to or instituted any proceedings, arrangement or compromise with creditors, or had a receiver, receiver manager or trustee appointed to hold the assets of the proposed director;
- (d) has been subject to any penalties or sanctions imposed by a court relating to securities legislation or by a securities regulatory authority or has entered into a settlement agreement with a securities regulatory authority; or
- (e) has been subject to any other penalties or sanctions imposed by a court or regulatory body that would likely be considered important to a reasonable securityholder in deciding whether to vote for a proposed director.

Mr. Griffiths was a director and CFO of Enssolutions Group Inc. ("ENV") on May 11, 2011 when he was subject to a management cease trade order of the Ontario Securities Commission ("OSC") related to a delay in ENV filing its audited annual financial statements for the financial year ended December 31, 2010. The management cease trade order was revoked on June 15, 2011 after the required financials and MD&A were filed. Mr. Griffiths was a director and interim CEO of ENV when it was subject to a cease trade order of the British Columbia Securities Commission on May 11, 2015, OSC on May 20, 2015 and Alberta Securities Commission on August 28, 2015 related to failure to file its audited financial statements for the financial year ended December 31, 2014. The required financial statements were filed on November 4, 2015. On June 19, 2017 the cease trade orders of the OSC and Alberta and BC Securities Commissions were revoked. Mr. Griffiths remains a director of ENV.

Penalties or Sanctions

None of the directors, executive officers or shareholders holding a sufficient number of Common Shares to affect materially the control of the Company, has within the last 10 years has been subject to any penalties or sanctions imposed by a court relating to Canadian securities legislation or by a Canadian securities regulatory authority or has entered into a settlement agreement with a Canadian securities regulatory authority or been subject to any other penalties or sanctions imposed by a court or regulatory body that would likely be considered important to a reasonable investor making an investment decision.

Personal Bankruptcies

Other than as set forth below, none of the directors, executive officers or shareholders holding a sufficient number of

Common Shares to affect materially the control of the Company, or promoter of the Company, has, within the last 10 years, become bankrupt, made a proposal under any legislation relating to bankruptcy or insolvency, or been subject to or instituted any proceedings, arrangement or compromise with creditors or had a receiver, receiver manager or trustee appointed to hold the assets of the individual. Michael English, the CFO of the Company, filed for bankruptcy in respect of personal debts in United States Bankruptcy Court Northern District of Texas and received a discharge under section 727 of title 11, United States Code (the Bankruptcy Code) on July 22, 2009.

4. Appointment of Auditor

Effective April 30, 2015, the Company appointed Scarrow Yurman & Co., Chartered Professional Accountants ("**Scarrow**"), to act as auditors for the Company. At the Company's last Annual General Meeting held on May 26, 2016, the appointment of Scarrow was ratified and confirmed by the shareholders of the Company. Effective May 23, 2017, the Board of Directors approved a change of the Company's auditors from Scarrow to BDO Canada LLP. There were no disagreements or unresolved issues with Scarrow on any matter of audit scope or procedure, accounting principles or policies, or financial statement disclosure. It is the Company's opinion that there have been no reportable events, (as defined in National Instrument 51-102 (section 4.11)) between the Company and Scarrow and Scarrow did not have any reservation in their auditors' report for the financial statements for the Company's last two fiscal years or for any period subsequent to the date the most recent audit report was issued and preceding the date hereof. The Change of Auditor's Reporting Package is attached to this Information Circular as Schedule "C". Shareholders of the Company will be asked to approve, ratify, and confirm the appointment of BDO Canada LLP, of Toronto, Ontario, as the Company's auditor, to hold office until the next annual general meeting of shareholders, at a remuneration to be fixed by the directors.

In the absence of instructions to the contrary, the shares represented by proxy will be voted FOR the appointment of BDO Canada LLP, as auditor of the Company for the ensuing year, at a remuneration to be fixed by the Board of Directors.

5. Ratification and Approval of Stock Option Plan and Approval of Equity Compensation

The Board of Directors (the "**Board**") of the Company adopted the Stock Option Plan (the "**Stock Option Plan**") on November 24, 2015, and was ratified at the Company's last Annual General Meeting held on May 26, 2017. The shareholders will be asked at the Meeting to consider and, if thought fit, approve an ordinary resolution ratifying and approving the Stock Option Plan. The Stock Option Plan was established to attract and retain directors, officers, employees and consultants (collectively the "**Eligible Parties**") and to motivate them to advance the interests of the Company. The Board believes that incentive stock options serve an important function in furnishing the Eligible Parties an opportunity to acquire an equity interest in the Company through options granted under the Stock Option Plan to purchase common shares of the Company, thereby aligning the interests of the Eligible Parties with those of the Company and its shareholders, through ownership of shares in the Company. Accordingly, the Board, believing it to be in the best interests of the Company, recommend that the shareholders approve the Company's Stock Option Plan and the allotment of sufficient common shares from treasury to provide the shares necessary for issuance upon the exercise from time to time of options granted pursuant to the Stock Option Plan.

The Stock Option Plan is in the form of a rolling stock option plan reserving for issuance, upon the exercise of options granted pursuant to the Stock Option Plan, a maximum of 15% of the issued and outstanding shares of the Company at any time, less any shares required to be reserved with respect to options granted by the Company prior to the implementation of the Stock Option Plan. The Stock Option Plan is administered by the Board of Directors of the Company that in its sole discretion, will determine all options to be granted pursuant to the Stock Option Plan, the exercise price therefore, and any special terms or vesting provisions applicable thereto. The Board will comply with all regulatory requirements in granting options and otherwise administering the Stock Option Plan.

The following is a summary of the material terms of the Stock Option Plan:

- (i) the number of securities reserved for issuance under options to acquire the securities granted to Employee, Management Company Employee or Consultant of the Company (as defined in the Stock Option Plan) shall not exceed 15% of the issued and outstanding shares of the Company;
- (ii) options granted to any one Employee, Management Company Employee or Consultant of the Company (as defined in the Stock Option Plan), within a 12 month period, of a number of securities shall not exceed 5% of the issued and outstanding shares of the Company;
- (iii) in the case of Options granted to Employees, Consultants or Management Company Employees, the Option Holder must be a bona-fide Employee, Consultant or Management Company Employee, as the case may be, of the Company or its subsidiary;
- (iv) options granted in any twelve-month period to the Company's Employee, Management Company Employee or Consultant, and the associates of such Employee, Management Company Employee or Consultant, who are conducting investor relations activities shall not exceed 5% of the issued and outstanding shares of the Company;
- (v) options granted shall be non-assignable and not transferable and shall have a term to be determined by the Company's Board of Directors;
- (vi) the exercise price must be paid in cash, cheque, bank draft, or electronic bank transfer;
- (vii) the exercise price of an option granted shall not be less than the greater of the closing market price of the Shares on (a) the trading day prior to the date of grant of the Options; and (b) the date of grant of the Options, less any discount permitted by the exchange;
- (viii) If a Director, Consultant or Employee dies prior to the expiry of his option, his legal representatives may, within the lesser of one (1) year from the date of the Option Holder's death or the Expiry Date of the Option, exercise that portion of an Option granted to the Director, Consultant or Employee under the Stock Option Plan which remains outstanding; and
- (ix) any amendment to reduce the exercise price of options granted to insiders of the Company shall be subject to approval of the disinterested shareholders of the Company, specifically the majority vote of the members other than the insiders of the Company.

The full text of the existing Stock Option Plan is attached hereto as Schedule "D".

From time to time, the Company may also issue share purchase warrants, exercisable into common shares, not forming part of the Stock Option Plan, to directors, officers and consultants as compensation. The Company wishes to seek shareholder approval for these grants.

Disinterested shareholders will be asked to pass the following ordinary resolution approving the Company's Stock Option Plan and share purchase warrant equity compensation:

"BE IT RESOLVED, AS AN ORDINARY RESOLUTION OF DISINTERESTED SHAREHOLDERS, THAT:

- (i) the Company's Stock Option Plan in the form presented to this Meeting, is approved, adopted, ratified and confirmed, including the reservation for issuance under the Stock Option Plan, at any time and from time to time, of a maximum of 15% of the issued and outstanding shares of the Company, subject to any amendments that may be required by the Canadian Securities Exchange or such other stock exchange on which the common shares of the Company are listed and posted for trading;

- (ii) the Board of Directors are authorized on behalf of the Company to make any further amendments to the Plan as may be required by regulatory authorities, if the Board of Directors deems it appropriate and in the best interests of the Company to do so, without further approval of the shareholders of the Company, in order to ensure adoption of the Stock Option Plan;
- (iii) the Company is authorized to grant options pursuant and subject to the terms and conditions of the Stock Option Plan;
- (iv) the Company is authorized to grant share purchase warrants exercisable into common shares as compensation to directors, officers and consultants; and
- (v) any one or more of the directors and officers of the Company be authorized and directed to perform all such acts, deeds and things and execute, all such documents, instruments, assurances, and other writings, including treasury orders, stock exchange and securities commissions forms, as may be required to give effect to this resolution. “

An ordinary resolution requires the approval of a simple majority (50% + one vote) of the votes cast at the Meeting, in person or by proxy. In order to be effected as a “disinterested” resolution, the approval of the Stock Option Plan must be approved by a simple majority of the votes cast by Shareholders who are not “related persons” of the Company, as such term is defined in applicable securities laws. The Company estimates that a total of 18,372,730 common shares of the Company held by related persons, being the directors and executive officers of the Company and their respective associates, will be excluded from voting on the resolution.

The Board recommends that shareholders vote in favour of ratifying and approving the Stock Option Plan. It is the intention of the persons named in the enclosed instrument of Proxy, if not expressly directed otherwise in such instrument of proxy, to vote such proxies FOR the ordinary resolution of disinterested shareholders to approve the Stock Option Plan.

6. Other Business

Management is not aware of any matters to come before the Meeting other than those set forth in the Notice of Meeting. If any other matter properly comes before the Meeting, it is the intention of the persons named in the Proxy to vote the shares represented thereby in accordance with their best judgment on such matter.

ADDITIONAL INFORMATION

Additional information relating to the Company can be found on the System for Electronic Document Analysis and Retrieval (SEDAR) at www.sedar.com. Financial information is provided in the Company’s financial statements and Management Discussion & Analysis for the most recently completed financial years where audited statements have been filed.

The Company will provide to any securityholder, upon request, copies of the Company’s financial statements and Management Discussion & Analysis for the most recently completed financial years. Please direct your request to the Company at 604.569.4969 or at its Registered and Records Office at 309-1485 West 6th Ave., Vancouver, British Columbia, V6H4G1 to request the Company’s financial statements and Management Discussion & Analysis.

APPROVAL OF THE DIRECTORS

The directors of the Company have approved the content and sending of this Information Circular on this 10th day July, 2017.

Schedule "A"

AUDIT COMMITTEE CHARTER

MANDATE

The primary function of the audit committee (the "Committee") of Alternate Health Corp. (the "Company") is to assist the Board of Directors in fulfilling its financial oversight responsibilities by reviewing the financial reports and other financial information provided by the Company to regulatory authorities and shareholders, the Company's systems of internal controls regarding finance and accounting and the Company's auditing, accounting and financial reporting processes. The Committee's primary duties and responsibilities are to:

- Serve as an independent and objective party to monitor the Company's financial reporting and internal control system and review the Company's financial statements.
- Review and appraise the performance of the Company's external auditors (the "Auditor").
- Provide an open avenue of communication among the Company's auditors, management and the Board of Directors.

COMPOSITION, PROCEDURES AND ORGANIZATION

The Committee shall consist of at least three members. Each member must be a director of the Company. A majority of the members of the Committee shall not be officers or employees of the Company or of an affiliate of the Company. At least one (1) member of the Committee shall be financially literate. All members of the Committee who are not financially literate will work towards becoming financially literate to obtain working familiarity with basic finance and accounting practices. For the purposes of this Charter, the term "financially literate" means the ability to read and understand a set of financial statements that present a breadth and level of complexity of accounting issues that are generally comparable to the breadth and complexity of issues that can reasonably be expected to be raised by the Company's financial statements.

The members of the Committee shall be appointed by the Board of Directors at its first meeting following the annual shareholders' meeting. Unless a Chair is elected by the full Board of Directors, the members of the Committee may designate a Chair by a majority vote of the full Committee membership. The Chair shall be financially literate.

The Board of Directors may at any time remove or replace any member of the Committee and may fill any vacancy in the Committee.

MEETINGS OF THE COMMITTEE

Meetings of the Committee shall be scheduled to take place at regular intervals and, in any event, not less frequently than quarterly. Unless all members are present and waive notice, or those absent waive notice before or after a meeting, the Chairman will give the Committee members 24 hours' advance notice of each meeting and the matters to be discussed at such meeting. Notice may be given personally, by telephone, by facsimile or e-mail.

The Auditor shall be given reasonable notice of, and be entitled to attend and speak at, each meeting of the Committee concerning the Company's annual financial statements and, if the Committee determines it to be necessary or appropriate, at any other meeting. On request by the Auditor, the Chair shall call a meeting of the Committee to consider any matter that the Auditor believes should be brought to the attention of the Committee, the Board of Directors or the shareholders of the Company.

At each meeting of the Committee, a quorum shall consist of a majority of members that are not officers or employees of the Company or of an affiliate of the Company. A member may participate in a meeting of the

Committee in person or by telephone if all members participating in the meeting, whether in person or by telephone or other communications medium other than telephone are able to communicate with each other and if all members who wish to participate in the meeting agree to such participation. The Committee may periodically meet separately with each of management and the Auditor to discuss any matters that the Committee or any of these groups believes would be appropriate to discuss privately.

In addition, the Committee should meet with the Auditor and management annually to review the Company's financial statements.

The Committee may invite to its meetings any director, any manager of the Company, and any other person whom it deems appropriate to consult in order to carry out its responsibilities.

RESPONSIBILITIES AND DUTIES

To fulfil its responsibilities and duties, the Committee shall:

- a) Review the Company's financial statements, including any certification, report, opinion, or review rendered by the Auditor, MD&A and any annual and interim earnings press releases before the Company publicly discloses such information.
- b) Review and satisfy itself that adequate procedures are in place and review the Company's public disclosure of financial information extracted or derived from its financial statements, other than disclosure described in the previous paragraph, and periodically assess the adequacy of those procedures.
- c) Be directly responsible for overseeing the work by the Auditor (including resolution of disagreements between management and the Auditor regarding financial reporting) engaged for the purpose of preparing or issuing an audit report or performing other audit review services for the Company.
- d) Require the Auditor to report directly to the Committee.
- e) Review annually the performance of the Auditor who shall be ultimately accountable to the Board of Directors and the Committee as representatives of the shareholders of the Company.
- f) Review and discuss with the Auditor any disclosed relationships or services that may impact the objectivity and independence of the Auditor.
- g) Take, or recommend that the Board of Directors take, appropriate action to oversee the independence of the Auditor.
- h) Recommend to the Board of Directors the external auditor to be nominated at the annual general meeting for appointment and the Auditor for the ensuing year and the compensation for the Auditors, or, if applicable, the replacement of the Auditor.
- i) Review and approve the Company's hiring policies regarding partners, employees and former partners and employees of the Auditor and former independent external auditors of the Company.
- j) Review with management and the Auditor the audit plan for the annual financial statements.
- k) Review and pre-approve all audit and audit-related services and the fees and other compensation related thereto, and any non-audit services provided by the Auditor. The pre-approval requirement is waived with respect to the provision of non-audit services if:
 - (i) the aggregate amount of all such non-audit services that were not pre-approved is reasonably expected to constitute not more than 5% of the total amount of fees paid by the Company and its subsidiary entities to the Auditor during the fiscal year in which the non-audit services are provided;

- (ii) such services were not recognized by the Company at the time of the engagement to be non-audit services; and
- (iii) such services are promptly brought to the attention of the Committee and approved, prior to the completion of the audit, by the Committee or by one or more members of the Committee to whom authority to grant such approvals has been delegated by the Committee.

The Committee may delegate to one or more independent members of the Committee the authority to pre-approve non-audit services in satisfaction of the pre-approval requirement set forth in this section provided the preapproval of non-audit services by any member to whom authority has been delegated must be presented to the Committee at its first scheduled meeting following such pre-approval.

- l) In consultation with the Auditor, review with management the integrity of the Company's financial reporting process, both internal and external.
- m) Consider the Auditor's judgments about the quality and appropriateness of the Company's accounting principles as applied in its financial reporting.
- n) Consider and approve, if appropriate, changes to the Company's auditing and accounting principles and practices as suggested by the Auditor and management.
- o) Review significant judgments made by management in the preparation of the financial statements and the view of the Auditor as to the appropriateness of such judgments.
- p) Following completion of the annual audit, review separately with management and the Auditor any significant difficulties encountered during the course of the audit, including any restrictions on the scope of the work or access to required information.
- q) Review any significant disagreement among management and the Auditor in connection with the preparation of the financial statements.
- r) Review with the Auditor and management the extent to which changes and improvements in financial or accounting practices have been implemented.
- s) Discuss with the Auditor the Auditor's perception of the Company's financial and accounting personnel, any material recommendations which the Auditor may have, the level of co-operation which the Auditor received during the course of their review and the adequacy of their access to records, data or other requested information.
- t) Review any complaints or concerns about any questionable accounting, internal accounting controls or auditing matters.
- u) Establish procedures for:
 - (i) the receipt, retention and treatment of complaints received by the Company regarding accounting, internal accounting controls, or auditing matters; and
 - (ii) the confidential, anonymous submission by employees of the Company of concerns regarding questionable accounting or auditing matters.
- v) Perform such other duties as may be assigned to it by the Board of Directors from time to time or as may be required by applicable regulatory authorities or legislation.
- w) Report regularly and on a timely basis to the Board of Directors on the matters coming before the Committee.

- x) Review and reassess the adequacy of this Charter annually and recommend any proposed changes to the Board of Directors for approval.

AUTHORITY

The Committee is authorized to:

- to seek any information it requires from any employee of the Company in order to perform its duties;
- to engage, at the Company's expense, independent legal counsel or other professional advisors in any matter within the scope of the role and duties of the Committee under this Charter;
- to set and pay compensation for any advisors engaged by the Committee; and
- to communicate directly with the internal and external auditors of the Company.

This Charter supersedes and replaces all prior charters and other terms of reference pertaining to the Committee.

Schedule "B"

EXECUTIVE COMMITTEE CHARTER

1. DUTIES OF THE EXECUTIVE COMMITTEE

The Executive Committee shall deal with the day-to-day activities of the Company's business, develop and implement business plans, policies, procedures and budgets that have been recommend and approved by the Board, monitor the operating and financial performance of the Company, prioritise and allocate investment and resources, manage and develop talent and manage the risk profile of the Company. The Executive Committee shall implement the policy and strategy adopted by the Board and deal with all operational matters affecting the Company. It shall, of its own motion or at the request of the Board, promptly give or make available to the Board such information, reports and other documents to enable the Board to carry out its duties.

2. COMPOSITION OF THE EXECUTIVE COMMITTEE

2.1 The Executive Committee shall comprise:

- (a) The Chair;
- (b) The CEO; and
- (c) Such other Members as are appointed by the Board.

2.2 The Executive Committee members shall report to the Board and are appointed for such term as they hold their office, as the key function and market heads/risks and remain a Company Officer and/or Director.

2.3 The Executive Committee will meet, as required, which is expected to be at least four times per calendar year. Additionally, the Chair, or in his absence the CEO, may call for additional meetings when considered appropriate.

3. CHAIR OF EXECUTIVE COMMITTEE

The chair at meetings of the Executive Committee shall be the Chair if in attendance, or if he/she is not present, the CEO.

4. QUORUM

4.1 The quorum for any meeting of the Executive Committee shall be two-thirds of its membership, including either the Chair or the CEO, at the time of the meeting.

4.2 The members of the Executive Committee may participate in a meeting of the Executive Committee from separate locations by means of conference telephone or other communication equipment which allows those participating to hear each other, and shall be entitled to vote or be counted in the quorum accordingly.

5. EXECUTIVE COMMITTEE PROCEDURES

Except as otherwise stated in these Provisions, the Executive Committee shall determine its own procedures.

6. EXECUTIVE COMMITTEE RESOLUTIONS

- 6.1 Other than set out in these Provisions, or in specific circumstances, the Executive Committee shall reach decisions by a simple majority of those voting on the issue in question. If the numbers of votes for and against a certain proposal are equal, the Executive Committee Chair has a casting vote.
- 6.2 Any resolution evidenced in writing or by electronic or voice recognition means, by such member or members of the Executive Committee as would have been necessary to pass such resolution had all members of the Executive Committee been present at a meeting to consider such resolution, shall be valid and effective as if it had been passed at a meeting of the Executive Committee duly convened and held, provided that notice and details of the proposed resolution have been given in advance to each member of the Executive Committee.

7. MATTERS DEALT WITH BY THE EXECUTIVE COMMITTEE

- 7.1 The executive management team are responsible for the following matters:
- (a) Preparation of the Company's business plan;
 - (b) Responsibility for the achievement of budgets and operational plans;
 - (c) Management and regular review of operational and financial performance of the business;
 - (d) Ownership for the identification and management of risk across the Company's business;
 - (e) To manage the internal controls environment and prepare regular report for presentation to the Board;
 - (f) Responsible for the integrity of management information and financial reporting systems;
 - (g) Development of Company's policy guidelines, including the Company's code of conduct;
 - (h) Optimisation and allocation of Company's resources;
 - (i) Ensuring succession planning is in place; and
 - (j) Review of the legal structure and propose recommendations to the Board.

8. NOTICE OF MEETINGS

The Executive Committee meeting agenda and papers should be circulated at least one week prior to the Executive Committee meeting.

9. DOCUMENTATION, COMMUNICATION, AND REPORTING

- 9.1 Minutes of the Executive Committee meetings are to be kept and held at the registered and record's office of the Company.
- 9.2 The Executive Committee reports to the Board of Directors.

Approved by the Board of Directors: May 11, 2017.

Schedule "C"

Change of Auditor Reporting Package

ALTERNATE HEALTH CORP.
309 - 1485 6th Ave. W.
Vancouver, BC V6H 4G1

CHANGE OF AUDITOR NOTICE

TO: Alberta Securities Commission
British Columbia Securities Commission
Ontario Securities Commission
AND TO: Scarrow Yurman & Co., Chartered Professional Accountants
AND TO: BDO Canada LLP, Chartered Professional Accountants

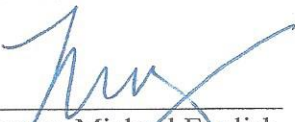
TAKE NOTICE THAT effective May 23, 2017, Scarrow Yurman & Co., Chartered Professional Accountants, the current auditor of Alternate Health Corp. (the "Company"), resigned as auditor of the Company at the request of the Company. The Company has filled the vacancy by appointing BDO Canada LLP, Chartered Professional Accountants, as auditor of the Company to audit the financial statements of the Company, commencing with the financial year ending December 31, 2017.

The Company gives the following notice in accordance with National Instrument 51-102 - *Continuous Disclosure Obligations* ("NI 51-102"):

1. No auditor's report of Scarrow Yurman & Co. contained in the annual financial statements of the Company for the two fiscal years immediately preceding the date of this notice (December 31, 2015 and December 31, 2016) or for any period subsequent to the most recently completed period for which an audit report was issued, contained a modified opinion.
2. The resignation of Scarrow Yurman & Co. and the appointment of BDO Canada LLP, as auditors of the Company, was considered by the Audit Committee and approved by the Board of Directors of the Company.
3. In the Company's opinion, no 'reportable events' (as defined in NI 51-102) occurred.

Dated as of May 23, 2017.

ALTERNATE HEALTH CORP.

Per: 
Name: Michael English
Title: Chief Financial Officer



Scarrow Yurman & Co.
CPA Professional Corporation
445 Apple Creek Blvd, Suite 223
Markham Ontario L3R 9X7
Tel: 905-475-5200
Fax: 905-475-6577
www.sycpa.com

May 23, 2017

Alberta Securities Commission
British Columbia Securities Commission
Ontario Securities Commission

Delivered by: Email

ATTN: To Whom It Concerns

Dear Sirs:

Regarding: Alternate Health Corp. – change of Auditor Notice

We acknowledge the Change of Auditor Notice dated May 23, 2017 issued by the above noted corporation and confirm our resignation as of May 23, 2017 as the auditor of alternate Health Corp.

1. We confirm there has been no audit report issued by this firm for the two fiscal years preceding the date of the notice that contained a modified opinion.
2. We confirm our understanding that the resignation of our firm and the appointment of BDO Canada LLP was considered by the Audit Committee and approved by the Board of Directors.
3. We confirm that we are not aware of any reportable events as defined in NI 51-102.

Yours very truly,
Scarrow Yurman & Co.
CPA Professional Corporation

Mark E. Scarrow, CPA CA, LPA



Tel: 416 865 0200
Fax: 416 865 0887
www.bdo.ca

BDO Canada LLP
TD Bank Tower
66 Wellington Street West
Suite 3600, PO Box 131
Toronto ON M5K 1H1 Canada

Private and Confidential

May 29, 2017

Alberta Securities Commission
British Columbia Securities Commission
Ontario Securities Commission

Re: Change of Auditors of Alternate Health Corp.

Dear Sirs/Mesdames:

As required by subparagraph (6)(a)(ii) of section 4.11 of National Instrument 51-102, we have reviewed the change of auditor notice of Alternate Health Corp. dated May 23, 2017 (the "Notice") and, based on our knowledge of such information at this time, we have no basis to agree or disagree with statements (1) and (3) contained in the Notice, and as it relates to BDO Canada LLP, we agree with statement (2) contained in the Notice.

Yours truly,

BDO Canada LLP

Chartered Professional Accountants, Licensed Public Accountants

Schedule "D"

ALTERNATE HEALTH CORP.

STOCK OPTION PLAN

PART 1

INTERPRETATION

1.01 **Definitions** In this Plan the following words and phrases shall have the following meanings, namely:

- (a) "Award Date" means the date on which the Board grants a particular Option;
- (b) "Board" means the board of directors of the Company and includes any committee of directors appointed by the directors as contemplated by to Section 3.01 hereof;
- (c) "Cause" means: (i) "Cause" as such term is defined in the written employment agreement, if any, between the Company and Employee; or (ii) if there is no written employment agreement between the Company and the Employee or "Cause" is not defined in the written employment agreement between the Company and the Employee, the usual meaning of just cause under the common law or the laws of British Columbia;
- (d) "Company" mean Alternate Heath Corp.;
- (e) "Consultant" means an individual who: (i) is engaged to provide on an ongoing bona fide basis, consulting, technical, management or other services to the Company or to an Affiliate of the Issuer, other than services provided in relation to a distribution; (ii) provides the services under a written contract between the Issuer or the Affiliate and the individual or the Consultant Company, as the case may be; (c) in the reasonable opinion of the Issuer, spends or will spend a significant amount of time and attention on the affairs and business of the Issuer or an Affiliate of the Issuer; and (d) has a relationship with the Issuer or an Affiliate of the Issuer that enables the individual to be knowledgeable about the business and affairs of the Issuer;
- (f) "Director" means any director, Officer and Management Company Employees of the Company or of any of its subsidiaries;
- (g) "Employee" means: (i) an individual who is considered an employee of the Company or its subsidiary under the *Income Tax Act* (Canada) (and for whom income tax, employment insurance and CPP deductions must be made at source); (ii) an individual who works full-time for the Company or its subsidiary providing services normally provided by an employee and who is subject to the same control and direction by the Company over the details and methods of work as an employee of the Company, but for whom income tax deductions are not made at source; or (iii) an individual who works for a Company or its subsidiary on a continuing and regular basis for a minimum amount of time per week (the number of hours should be disclosed in the submission) providing services normally provided by an employee and who is subject to the same control and direction by the Company over the details and methods of work as an employee of the Company, but for whom income tax deductions are not made at source;
- (h) "Exchange" means the Canadian Securities Exchange and any other stock exchange on which the Shares are listed for trading;
- (i) "Exchange Policy" means the policies, bylaws, rules and regulations of the Exchange governing definitions, interpretation and the granting of options by the Company, as amended from time to time;

- (j) “Exercise Notice” means the notice respecting the exercise of an Option, in the form set out as Schedule “B” hereto, duly executed by the Option Holder.
- (k) “Exercise Price” means the price at which an Option may be exercised as determined in accordance with Section 4.01
- (l) “Expiry Date” means not later than ten years from the Award Date of the Option or such shorter period as may be prescribed by the Exchange;
- (m) “Insider” has the meaning ascribed thereto in the *Securities Act* (British Columbia);
- (n) “Joint Actor” means a person acting “jointly or in concert with” another person as that phrase is interpreted in section 1.9 of Multilateral Instrument 62-104 – *Take Over Bids and Issuer Bids*;
- (o) “Management Company Employee” means an individual employed by a person providing management services to the Company, which are required for the ongoing successful operation of the business enterprise of the Company;
- (p) “Officer” means any senior officer of the Company or of any of its subsidiaries as defined in the Securities Act;
- (q) “Option” means an option to acquire Shares awarded under and pursuant to the Plan;
- (r) “Option Certificate” means the certificate, substantially in the form set out as Schedule “A” hereto, evidencing an Option;
- (s) “Option Holder” means a current or former Director, Employee or Consultant who holds an unexercised and unexpired Option;
- (t) “Plan” means this stock option plan as from time to time amended;
- (u) “Securities Act” means the *Securities Act*, R.S.B.C. 1996, c.418, as amended, from time to time;
- (v) “Securities Laws” means the act, policies, bylaws, rules and regulations of the securities commissions governing the granting of options by the Company, as amended from time to time;
- (w) “Shares” means common shares of the Company.

1.02 Interpretation Any words capitalized but not defined in this Plan shall have the meanings ascribed to them in Exchange Policy.

1.03 Gender Throughout this Plan, words importing the masculine gender shall be interpreted as including the female gender.

PART 2

PURPOSE OF PLAN

2.01 Purpose The purpose of this Plan is to attract and retain Employees, Consultants or Directors to the Company and to motivate them to advance the interests of the Company by affording them with the opportunity to acquire an equity interest in the Company through Options granted under this Plan to purchase Shares.

PART 3

GRANTING OF OPTIONS

3.01 Administration This Plan shall be administered by the Board or, if the Board so elects, by a committee (which may consist of only one person) appointed by the Board from its members.

3.02 Committee's Recommendations The Board may accept all or any part of recommendations of the committee or may refer all or any part thereof back to the committee for further consideration and recommendation.

3.03 Grant by Resolution The Board may, by resolution, designate eligible persons who are bona fide Employees, Consultants, Directors or corporations employing or wholly owned by such Employee, Consultant, or Director, to whom Options should be granted and specify the terms of such Options which shall be in accordance with Exchange Policy and Securities Laws. It is the responsibility of the Company and the Option Holder for ensuring and confirming that the Option Holder is a bona fide Employee, Consultant or Management Company Employee, as the case may be. The Company will also issue a news release at the time of the grant for any Options granted to Insiders.

3.04 Terms of Option The resolution of the Board shall specify the number of Shares that should be placed under option to each such Employee, Consultant or Director, the Exercise Price to be paid for such Shares, and the period, including any applicable vesting periods during which such Option may be exercised.

3.05 Option Certificate Every Option granted under this Plan shall be evidenced by an Option Certificate, and all Option Certificates will be so legended as required by Exchange Policy and Securities Laws.

PART 4

CONDITIONS GOVERNING THE GRANTING AND EXERCISING OF OPTIONS

4.01 Exercise Price The Exercise Price of an Option granted under this Plan shall not be less than the greater of the closing market price of the Shares on (a) the trading day prior to the date of grant of the Options; and (b) the date of grant of the Options. In any event, no Options shall be granted which are exercisable at an Exercise Price of less than permitted by Exchange Policy. An Exercise Price cannot be established unless the Options are allocated to a particular Option Holder.

4.02 Expiry Date Each Option shall, unless sooner terminated, expire on a date to be determined by the Board which will not be later than the Expiry Date. However, if the Expiry Date falls within a period (a "blackout period") during which the Company prohibits Option Holders from exercising their Options, the Expiry Date may be extended to a maximum of 10 business days after the expiry of the blackout period. The blackout period must be formally imposed by the Company pursuant to its internal trading policies as a result of the bona fide existence of undisclosed Material Information. For greater certainty, in the absence of the Company formally imposing a blackout period, the Expiry Date of any options will not be automatically extended in any circumstances.

4.03 Different Exercise Periods, Prices and Number The Board may, in its absolute discretion, upon granting an Option under this Plan and subject to the provisions of Section 6.04 hereof, specify a particular time period or periods following the date of granting the Option during which the Option Holder may exercise his Option to purchase Shares and may designate the Exercise Price and the number of Shares in respect of which such Option Holder may exercise his Option during each such time period.

4.04 Number of Shares The number of Shares reserved for issuance under the Plan shall:

- (a) not exceed 5% of the issued Shares of the Company to any one person (and companies wholly owned by that person) in any 12 month period, calculated on the date the Option is granted; and

4.05 Ceasing to hold Office If an Option Holder holds his or her Options as a Director and such Option Holder ceases to be Director for any reason other than death, such Director shall have rights to exercise any Option not exercised prior to such termination (but only to the extent that such Option has vested on or before the date the Option Holder ceased to be a Director) within a reasonable period of time after the date of termination, as set out in the Option Holder's Option Certificate, such "reasonable period" not to exceed one year after termination. However, if the Option Holder ceases to be a Director of the Company as a result of: (i) ceasing to meet the qualifications set forth in the *Business Corporations Act* (British Columbia); or (ii) his or her removal as a director of the Company pursuant to the *Business Corporations Act* (British Columbia); or (iii) an order made by any regulatory authority having jurisdiction

to so order; in which case the Expiry Date shall be the date the Option Holder ceases to be a Director of the Company. Notwithstanding anything contained herein, in no case will an Option be exercisable later than the Expiry Date of such Option fixed by the Board at the time the Option is awarded to the Option Holder.

4.06 Ceasing to be an Employee, Management Company Employee or Consultant If an Option Holder holds his or her Options as an Employee, Management Company Employee or Consultant and such Option Holder ceases to be an Employee, Management Company Employee or Consultant for any reason other than death, such Employee, Management Company Employee or Consultant shall have rights to exercise any Option not exercised prior to such termination (but only to the extent that such Option has vested on or before the date the Option Holder ceased to be so employed or provide services to the Company) within a reasonable period of time after the date of termination, as set out in the Option Holder's Option Certificate, such "reasonable period" not to exceed one (1) year after termination. However, (i) if the Option Holder ceases to be an Employee as a result of termination for Cause; (ii) a Management Company Employee of a person providing management services to the Company as a result of termination for Cause; or (iii) an Employee, Management Company Employee or Consultant of the Company as a result of an order made by any regulatory authority having jurisdiction to so order, in which case the Expiry Date shall be the date the Option Holder is terminated by the Company. Notwithstanding anything contained herein, in no case will an Option be exercisable later than the Expiry Date of such Option fixed by the Board at the time the Option is awarded to the Option Holder.

4.07 Death of Option Holder If a Director, Consultant or Employee dies prior to the expiry of his option, his legal representatives may, within the lesser of one (1) year from the date of the Option Holder's death or the Expiry Date of the Option, exercise that portion of an Option granted to the Director, Consultant or Employee under this Plan which remains outstanding.

4.08 Assignment No Option granted under this Plan or any right thereunder or in respect thereof shall be transferable or assignable otherwise than by will or pursuant to the laws of succession except that, if permitted by the rules and policies of the Exchange, an Option Holder shall have the right to assign any Option granted to him hereunder to a trust, RRSP, RESP or similar legal entity established by such Option Holder.

4.09 Notice Options shall be exercised only in accordance with the terms and conditions of the Option Certificates under which they are respectively granted and shall be exercisable only by notice in writing to the Company.

4.10 Payment Options may be exercised in whole or in part at any time prior to their lapse or termination. Shares purchased by an Option Holder on exercise of an Option shall be paid for in full, in cash, bank wire transfer, bank draft, or by cheque, at the time of their purchase.

4.11 Options to Employees, Consultants or Management Company Employees In the case of Options granted to Employees, Consultants or Management Company Employees, the Option Holder must be a bona-fide Employee, Consultant or Management Company Employee, as the case may be, of the Company or its subsidiary.

4.12 Withholding Tax Upon exercise of an Option, the Option Holder will, upon notification of the amount due and prior to or concurrently with the delivery of the certificates representing the Shares, pay to the Company amounts necessary to satisfy applicable withholding tax requirements or will otherwise make arrangements satisfactory to the Company for such requirements. In order to implement this provision, the Company or any related corporation will have the right to retain and withhold from any payment of cash or Shares under this Plan the amount of taxes required to be withheld or otherwise deducted and paid in respect of such payment. At its discretion, the Company may require an Option Holder receiving Shares to reimburse the Company for any such taxes required to be withheld by the Company and withhold any distribution to the Option Holder in whole or in part until the Company is so reimbursed. In lieu thereof, the Company will have the right to withhold from any cash amount due or to become due from the Company to the Option Holder an amount equal to such taxes. The Company may also retain and withhold or the Option Holder may elect, subject to approval by the Company at its sole discretion, to have the Company retain and withhold a number of Shares having a market value not less than the amount of such taxes required to be withheld by the Company to reimburse the Company for any such taxes and cancel (in whole or in part) any such Shares so withheld.

PART 5

RESERVE OF SHARES FOR OPTIONS

5.01 Sufficient Authorized Shares to be Reserved Whenever the Notice of Articles or Articles of the Company limit the number of authorized Shares, a sufficient number of Shares shall be reserved by the Board to satisfy the exercise of Options granted under this Plan. Shares that were the subject of Options that have lapsed or terminated shall thereupon no longer be in reserve and may once again be subject to an Option granted under this Plan.

5.02 Maximum Number of Shares to be Reserved Under Plan The aggregate number of Shares which may be subject to issuance pursuant to Options granted under this Plan, inclusive of all other stock options outstanding shall not be greater than 15% of the Shares issued and outstanding at the date of the grant of Options. Cancelled and expired Options are returned to the Plan.

PART 6

CHANGES IN OPTIONS

6.01 Share Consolidation or Subdivision If the Shares are at any time subdivided or consolidated, the number of Shares reserved for Option and the price payable for any Shares that are then subject to Option shall be adjusted accordingly.

6.02 Stock Dividend If the Shares are at any time changed as a result of the declaration of a stock dividend thereon, the number of Shares reserved for Option and the price payable for any Shares that are then subject to Option may be adjusted by the Board to such extent as they deem proper in their absolute discretion.

6.03 Reorganization. Subject to any required action by its shareholders, if the Company is a party to a reorganization, merger, amalgamation, arrangement, sale of assets or undertaking, winding up or dissolution or its Shares are exchanged or reclassified in any way (collectively, the "Event"), whether or not the Company is the surviving entity, an Option will be adjusted by the Board in accordance with the Event and in a manner the Board deems appropriate.

6.04 Effect of a Take-Over Bid If a bona fide offer (an "Offer") for Shares is made to the Option Holder or to shareholders of the Company generally or to a class of shareholders which includes the Option Holder, which Offer, if accepted in whole or in part, would result in the offeror becoming a control person of the Company, within the meaning of subsection 1(1) of the Securities Act, the Company shall, upon receipt of notice of the Offer, notify each Option Holder of full particulars of the Offer, whereupon all Shares subject to such Option ("Option Shares") will become vested and the Option may be exercised in whole or in part by the Option Holder so as to permit the Option Holder to tender the Option Shares received upon such exercise, pursuant to the Offer. However, if:

- (a) the Offer is not completed within the time specified therein including any extensions thereof; or
- (b) all of the Option Shares tendered by the Option Holder pursuant to the Offer are not taken up or paid for by the offeror in respect thereof,

then the Option Shares received upon such exercise, or in the case of clause (b) above, the Option Shares that are not taken up and paid for, may be returned by the Option Holder to the Company and reinstated as authorized but unissued Shares and with respect to such returned Option Shares, the Option shall be reinstated as if it had not been exercised and the terms upon which such Option Shares were to become vested pursuant to section 4.03 shall be reinstated. If any Option Shares are returned to the Company under this section 6.04, the Company shall immediately refund the Exercise Price to the Option Holder for such Option Shares.

6.05 Acceleration of Expiry Date If at any time when an Option granted under the Plan remains unexercised with respect to any unissued Option Shares, an Offer is made by an offeror, the Directors may, upon notifying each Option Holder of full particulars of the Offer, declare all Option Shares issuable upon the exercise of Options granted under the Plan, vested, and declare that the Expiry Date for the exercise of all unexercised Options granted under the Plan is accelerated so that all Options will either be exercised or will expire prior to the date upon which Shares must be tendered pursuant to the Offer.

6.06 Effect of a Change of Control If a Change of Control (as defined below) occurs, all Shares subject to each outstanding Option will become vested, whereupon such Option may be exercised in whole or in part by the Option Holder. "Change of Control" means the acquisition by any person or by any person and a Joint Actor, whether directly or indirectly, of voting securities as defined in the Securities Act) of the Company, which, when added to all other voting securities of the Company at the time held by such person or by such person and a Joint Actor, totals for the first time not less than fifty percent (50%) of the outstanding voting securities of the Company or the votes attached to those securities are sufficient, if exercised, to elect a majority of the Board of Directors of the Company.

PART 7

SECURITIES LAWS AND EXCHANGE POLICY

7.01 Exchange's Rules and Policies Apply This Plan and the granting and exercise of any Options hereunder are also subject to such other terms and conditions as are set out from time to time in the Securities Laws and Exchange Policy and such rules and policies shall be deemed to be incorporated into and become a part of this Plan. In the event of an inconsistency between the provisions of such rules and policies and of this Plan, the provisions of such rules and policies shall govern. If the Company's Shares are listed on a new stock exchange, the granting of Options shall be governed by the rules and policies of new stock exchange and unless inconsistent with the terms of this Plan, the Company shall be able to grant Options pursuant to the rules and policies of such new stock exchange without requiring shareholder approval.

PART 8

AMENDMENT OF PLAN

8.01 Board May Amend The Board may, by resolution, amend or terminate this Plan, but no such amendment or termination shall, except with the written consent of the Option Holders concerned, affect the terms and conditions of Options previously granted under this Plan which have not then been exercised or terminated.

8.02 Exchange Approval Any amendment to this Plan shall not become effective until any such Exchange and shareholder approval as is required by Exchange Policy and Securities Laws has been received. Unless approved by the Exchange, Options may not be amended once issued, and if an Option is cancelled before its Expiry Date, the Board may not grant new Options to the same Option Holder until 30 days have elapsed from the date of cancellation.

PART 9

EFFECTIVE DATE OF PLAN

9.01 Effective Date This Plan shall become effective upon the approval of this Plan by the directors of the Company. The Plan is subject to annual approval by the Company's shareholders at a shareholder meeting; however, Options may be granted under this Plan prior to the receipt of approval of the Plan by shareholders.

DATE OF PLAN: November 24, 2015

Schedule A

**ALTERNATE HEALTH CORP. (the "Company")
STOCK OPTION PLAN
OPTION CERTIFICATE**

This certificate is issued pursuant to the provisions of the Company's Stock Option Plan (the "**Plan**") and evidences that (*Name of Option Holder*) _____ is the holder of an option (the "**Option**") to purchase up to _____ (*Number of Shares*) common shares (the "**Shares**") in the capital stock of the Company at a purchase price of \$ _____ per Share. Subject to the provisions of the Plan:

- (a) the Award Date of this Option is _____ (*insert date of grant*);
- (b) the Expiry Date of this Option is _____ (*insert date of expiry*); and
- (c) the termination of this Option under sections 4.05 and 4.06 of the Plan is _____ days after the Option Holder ceases to be involved with the Company, subject to the terms of such sections.

Additional Vesting or Other Restrictions: (insert as applicable)

This Option may be exercised in accordance with its terms at any time and from time to time from and including the Award Date through to and including up to 5:00 p.m. (Vancouver time) on the Expiry Date, by delivering to the Company an Exercise Notice, in the form provided in the Plan, together with this certificate and a certified cheque or bank draft payable to the Company in an amount equal to the aggregate of the Exercise Price of the Shares in respect of which this Option is being exercised.

This certificate and the Option evidenced hereby is not assignable, transferable or negotiable and is subject to the detailed terms and conditions contained in the Plan. This certificate is issued for convenience only and in the case of any dispute with regard to any matter in respect hereof, the provisions of the Plan and the records of the Company shall prevail.

This Option is also subject to the terms and conditions contained in the schedules, if any, attached hereto.

Signed this _____ **day of** _____, **20**_____.

by its authorized signatory:

NAME: _____

TITLE: _____

OPTION CERTIFICATE - SCHEDULE

The additional terms and conditions attached to the Option represented by this Option Certificate are as follows:

1. include Vesting Provisions, if any

Schedule B

EXERCISE NOTICE

TO: **Alternate Health Corp.** (the “**Company**”)

AND TO: THE BOARD OF DIRECTORS

The undersigned hereby irrevocably gives notice, pursuant to the Company’s Stock Option Plan (the “**Plan**”), of the exercise of the Option to acquire and hereby subscribes for (cross out inapplicable item):

- (a) all of the Shares; or
- (b) _____ of the Shares, which are the subject of the Option Certificate attached hereto.

Calculation of total Exercise Price:

(i) number of Shares to be acquired on exercise: _____ Shares

(ii) multiplied by the Exercise Price per Share: \$ _____

TOTAL EXERCISE PRICE, enclosed herewith: \$ _____

The undersigned tenders herewith a certified cheque or bank draft in an amount equal to the total Exercise Price of the aforesaid Shares, as calculated above, and directs the Company to issue the share certificate evidencing said Shares in the name of the undersigned to be mailed to the undersigned at the following address:

DATED the _____ day of _____, 20____.

Signature of Option Holder

Name of Option Holder (please print)