



PanGenomic Health's Mindleap App to Expand into an All-In-One App and Telehealth Platform For Holistic Mental Health and Resilience

VANCOUVER, BC, Jan. 16, 2023 /CNW/ - PanGenomic Health Inc. ("PanGenomic Health" or the "Company") (CSE: NARA) (FSE: LL30) is pleased to announce that its newly-acquired subsidiary, Mindleap Health Inc. ("Mindleap") will be extending its current programs and practitioner specialties this quarter to enable an all-in-one app and telehealth platform for holistic mental wellness.

According to the National Institute of Mental Health Disorders, an estimated 26% of adults ages 18 and older suffer from a diagnosable mental disorder in a given year.¹ Mindleap's aim is to improve the delivery of mental wellness, from mood disorders to everyday resilience and capacity building, by providing a more cost-efficient all-in-one app and telehealth platform that improves accessibility, and saves time for users and clinicians alike. New content will be added to the Mindleap library that educates and guides users through leading-edge programs and new tools, such as Internal Family Systems (IFS), Non-Sleep Deep Rest (NSDR) and Vagal Nerve Stimulation (VNS).

The Mindleap app and telehealth platform will allow users to self-guide their own mental health journey by accessing a wider array of programs that encompass new approaches to mental health management, and give the user the option to speak to a practitioner via Mindleap's telehealth functionality.

The telemental health market is expected to grow at a CAGR of 26.3% and is expected to reach USD \$711 billion by 2029, according to Databridge Market Research.²

Maryam Marissen, CEO of PanGenomic Health, the parent company of Mindleap, said "Mental health management is a life-long endeavour, and we want to bring more leading-edge tools, programs, and practitioners into our Mindleap platform. Not only do we want to help people with their immediate mental health concerns, we also want to help people build everyday resilience for the modern world."

¹ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

² <https://www.databridgemarketresearch.com/reports/global-telemental-health-market>

About PanGenomic Health


PanGenomic Health is a precision health company that has developed a self-care digital platform to deliver personalized, evidence-based information about natural treatments. The Company's initial focus is to support mental health. Registered as a British Columbia benefit company, PanGenomic Health's mission is to promote and improve the health and wellness of people and society by providing a technology platform that identifies plant-based solutions tailored to the health profile of each individual.

This news release includes certain statements that may be deemed "forward-looking statements", including statements respecting the services to be provided by PanGenomic Health and the consideration to be paid to PanGenomic Health. The use of any of the words "anticipate", "continue", "estimate", "expect", "may", "will", "would", "project", "should", "believe" and similar

expressions are intended to identify forward looking statements. Although PanGenomic Health believes that the expectations and assumptions on which the forward-looking statements are based are reasonable, undue reliance should not be placed on the forward-looking statements because PanGenomic Health can give no assurance that they will prove to be correct. . In particular, there are no assurances as to PanGenomic Health's future financial performance. Future growth and the size of the general market for natural health products and over-the-counter health products may not be reflective of PanGenomic Health's future performance and there can be no assurance that PanGenomic Health will be able to capture any particular portion of those markets. Since forward-looking statements address future events and conditions, by their very nature they involve inherent risks and uncertainties. These statements speak only as of the date of this News Release. Actual results could differ materially from those currently anticipated due to a number of factors and risks including various risk factors discussed in PanGenomic Health's disclosure documents which can be found under PanGenomic Health's profile on www.sedar.com.

The Canadian Securities Exchange has neither approved nor disapproved the information contained herein and does not accept responsibility for the adequacy or accuracy of this news release.

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