

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Alternate Health Corp. (the "Issuer").

Trading Symbol: AHG

Date: February 12, 2018

1. New Options Granted:

Date of Grant: February 1, 2018

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Michael Kilipper	Director	Yes	300,000	\$2.20	February 2, 2023	60,000

Total Number of optioned shares proposed for acceptance: 300,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Jim Tykoliz	150,000	\$1.00	December 22, 2016	June 22, 2018
Rick Macartney	150,000	\$1.00	December 22, 2016	February 1, 2018
Marcelin O'Neill	25,000	\$1.00	December 22, 2016	June 22, 2018
Marjorie Sanderson	25,000	\$1.00	December 22, 2016	February 1, 2018
Jim Griffiths	200,000	\$1.00	December 22, 2016	June 22, 2018

Bryan Korba	500,000	\$1.00	December 22, 2016	June 22, 2018
Nick Swan	25,000	\$1.00	December 22, 2016	June 22, 2018
Howard Mann	350,000	\$1.00	December 22, 2016	June 22, 2018
Mike Murphy	150,000	\$1.00	December 22, 2016	June 22, 2018
Jesse Saucedo	150,000	\$1.00	December 22, 2016	June 22, 2018
Steve Bugbee	25,000	\$1.00	December 22, 2016	June 22, 2018
Phil Brandes	25,000	\$1.00	December 22, 2016	June 22, 2018
Scott Holtby	25,000	\$1.00	December 22, 2016	June 22, 2018
Jim Tykoliz	60,000	\$4.00	April 13, 2017	April 14, 2022
Jim Griffiths	60,000	\$4.00	April 13, 2017	April 14, 2022
Howard Mann	120,000	\$4.00	April 13, 2017	April 14, 2022
Michael Murphy	120,000	\$4.00	April 13, 2017	April 14, 2022
Jamison Feramisco	60,000	\$4.00	April 13, 2017	August 4, 2018
Adam Desmond	60,000	\$4.00	April 13, 2017	August 9, 2018
Wesley K. Clark Health Associates LLC	100,000	\$4.00	April 13, 2017	April 14, 2022
Marcelin O'Neill	40,000	\$2.90	August 4, 2017	August 5, 2022
Jim Griffiths	40,000	\$2.90	August 4, 2017	August 5, 2022
Howard Mann	30,000	\$2.90	August 4, 2017	August 5, 2022
Michael Murphy	30,000	\$2.90	August 4, 2017	August 5, 2022
Bernie Rice	10,000	\$2.90	August 4, 2017	August 5, 2022
Michael Klipper	60,000	\$2.90	August 4, 2017	August 5, 2022
Kristin Taylor	60,000	\$2.90	August 4, 2017	August 5, 2022
Jade Green	60,000	\$2.90	August 4, 2017	August 5, 2022
Jay Briggs	60,000	\$2.00	December 1, 2017	December 2, 2022
Chris Boling	60,000	\$2.00	December 1, 2017	December 2, 2022

(1) Set out number of optioned shares for each grant with different terms.

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3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. **August 9, 2017**
- (b) State the date of the news release announcing the grant of options. **February 1, 2018**
- (c) State the total issued and outstanding share capital at the date of grant or amendment. **52,531,278**
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. **5.93%**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. **4,767,191**
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. **N/A**
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **There are no previously undisclosed material changes, as at the date of this filing.**

4. **Certificate of Compliance**

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated **February 12, 2018.**

Marcelin O'Neill

Name of Director or Senior Officer

/s/ "Marcelin O'Neill"

Signature

Chief Compliance Officer

Official Capacity