160 Health International Limited
健康160国际有限公司

(Incorporated in the Cayman Islands with limited liability)

(Stock Code: 2656)

RESIGNATION OF NON-EXECUTIVE DIRECTOR

The board (the "**Board**") of directors (the "**Directors**") of 160 Health International Limited (the "**Company**", together with its subsidiaries and consolidated affiliated entities, the "**Group**") hereby announces that Ms. Sun Meng ("**Ms. Sun**") has resigned as a non-executive Director and a member of the nomination committee under the Board (the "**Nomination Committee**") due to other personal commitments, with effect from August 14, 2026.

Ms. Sun has confirmed that she has no disagreement with the Board and there are no other matters relating to her resignation that need to be brought to the attention of the shareholders of the Company (the "**Shareholders**") and/or The Stock Exchange of Hong Kong Limited (the "**Stock Exchange**").

The Board would like to take this opportunity to express its sincere gratitude to Ms. Sun for her contribution to the Company during her tenure.

NON-COMPLIANCE WITH THE LISTING RULES

Following Ms. Sun's resignation taking effect, the Board and the Nomination Committee will temporarily consist solely of one gender, which will not be in compliance with Rule 13.92(2) of the Rules Governing the Listing of Securities on the Stock Exchange (the "**Listing Rules**") and Code Provision B.3.5 of the Corporate Governance Code (the "**CG Code**") as set out in Appendix C1 to the Listing Rules.

The Board and the Nomination Committee firmly believe that gender diversity is one of the core elements for building an effective and balanced board. The Company shall use its best endeavors to identify suitable female candidates for appointment as Directors and shall appoint a suitable female candidate as a Director within three months from the date of this announcement to improve the structure of the Board and the Nomination Committee, so as to comply with Rule 13.92(2) of the Listing Rules and Code Provision B.3.5 of the CG Code as soon as possible.

The Company will make a further announcement on the appointment in due course.

By order of the Board
160 Health International Limited
Mr. LUO Ningzheng
Chairman of the Board,
Executive Director and Chief Executive Officer

Hong Kong, August 14, 2026

As of the date of this announcement, the Board comprises (i) Mr. LUO Ningzheng, Mr. JI Cuilin, Mr. HUANG Lang and Mr. WANG Lifa as executive Directors; (ii) Mr. LIU Haibin as non-executive Director; and (iii) Mr. WANG Huan, Dr. XU Weiguo and Dr. FAN Ming as independent non-executive Directors.