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160 Health International Limited

健康 160 国际有限公司

(Incorporated in the Cayman Islands with limited liability)

(Stock Code: 2656)

DATE OF BOARD MEETING

The board (the “**Board**”) of directors (the “**Directors**”) of 160 Health International Limited (the “**Company**”, and together with its subsidiaries and consolidated affiliated entities, the “**Group**”) hereby announces that a meeting of the Board will be held on Friday, August 28, 2026 for the purpose of, among other matters, approving the unaudited interim results of the Group for the six months ended June 30, 2026 and its publication, and considering the payment of an interim dividend, if any.

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 18, 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.