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PERFECT MEDICAL HEALTH MANAGEMENT LIMITED

完美醫療健康管理有限公司

(Incorporated in the Cayman Islands with limited liability)

(Stock Code: 1830)

**(1) RESIGNATION OF INDEPENDENT NON-EXECUTIVE DIRECTOR
(2) CHANGE IN COMPOSITION OF BOARD COMMITTEES**

The board (the “**Board**”) of directors (the “**Directors**”) of Perfect Medical Health Management Limited (the “**Company**”) announces that Mr. Chi Chi Hung, Kenneth (“**Mr. Chi**”) has resigned as an independent non-executive Director, the chairman of the remuneration committee of the Company (the “**Remuneration Committee**”) and a member of each of the audit committee and the nomination committee of the Company with effect from 30 September 2026, as he wishes to devote more time to his other business commitments.

Mr. Chi has confirmed that he has no disagreement with the Board and that there are no matters relating to his resignation that need to be brought to the attention of the shareholders of the Company or The Stock Exchange of Hong Kong Limited.

The Board would like to thank Mr. Chi for his valuable contribution to the Company during his tenure.

The Board further announces that Mr. Chuk Sai Cheong Simon, an independent non-executive Director, has been appointed as the chairman of the Remuneration Committee with effect from 30 September 2026.

Following the above changes, the members of the Remuneration Committee comprise Mr. Chuk Sai Cheong Simon (chairman), Ms. Hsu Wai Man, Helen and Ms. Cho Yi Ping.

By order of the Board
Perfect Medical Health Management Limited
So Hin Lung
Executive Director and Company Secretary

Hong Kong, 30 September 2026

As at the date of this announcement, the Board comprises Dr. Au-Yeung Kong, Ms. Au-Yeung Wai, Ms. Au-Yeung Hung and Mr. So Hin Lung as executive Directors and Ms. Hsu Wai Man, Helen, Ms. Cho Yi Ping and Mr. Chuk Sai Cheong Simon as independent non-executive Directors.