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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)

CHANGE OF EXECUTIVE DIRECTOR AND CHANGE IN COMPOSITION OF NOMINATION COMMITTEE

CHANGE OF 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 Mr. Wang Lifa ("**Mr. Wang**") has resigned as an executive Director in order to devote more time to his other personal commitments, with effect from October 29, 2026.

Mr. Wang has confirmed that he has no disagreement with the Board and there are no other matters relating to his resignation as an executive Director 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 is pleased to announce that Ms. Wu Shixuan ("**Ms. Wu**") has been appointed as an executive Director and a member of the nomination committee under the Board (the "**Nomination Committee**"), with effect from October 29, 2026.

The biographical details of Ms. Wu are as follows:

Ms. Wu Shixuan (吳世旋), aged 39, graduated from Hunan Agricultural University as an undergraduate majoring in accounting. Ms. Wu has over 15 years of experience in group finance and treasury management. Prior to joining the Group, she served as an accountant for approximately 3 years at an unlisted joint stock company with limited liability incorporated in Shenzhen, Guangdong Province, China, where she accumulated extensive experience in financial accounting, bookkeeping and financial management.

Since joining the Group in November 2012, Ms. Wu has successively served as an accounting and finance supervisor and currently serves as the finance manager. She is primarily responsible for financial accounting, treasury accounting, financing management and business analysis of the Group, and is familiar with the Group's entire business chain and financial system. She is also responsible for finance team management and cross-departmental coordination, liaising with business departments to implement operational data tracking and communication on financial matters.

Ms. Wu has entered into a service contract with the Company for serving as an executive Director for a term commencing on October 29, 2026 and ending on the earlier of (i) the completion of three years from the date of her appointment, and (ii) the third annual general meeting of the Company held after the date of her appointment. Ms. Wu's directorship is subject to retirement by rotation and re-election in accordance with the articles of association of the Company. Ms. Wu is entitled to a Director's fee of RMB300,000 per annum, which was recommended by the remuneration committee under the Board after considering the relevant qualifications and experience of Ms. Wu, the current salary package of Ms. Wu, the remuneration policy of the Company, and the prevailing market conditions.

As at the date of this announcement, Ms. Wu holds 61,715 outstanding share options under the pre-IPO share option scheme adopted by the Company on August 31, 2023.

Save as disclosed above, as at the date of this announcement, Ms. Wu (i) does not have any interests in the shares of the Company within the meaning of Part XV of the Securities and Futures Ordinance (Chapter 571 of the Laws of Hong Kong); (ii) has not held any other positions with the Company or other members of the Group; (iii) has not been a director of any public company, the securities of which are listed on any securities market in Hong Kong or overseas, in the last three years; (iv) does not have any relationship with any Director, senior management of the Company or substantial or controlling Shareholders; (v) has no other information that needs to be disclosed pursuant to paragraphs (h) to (v) of Rule 13.51(2) of the Rules Governing the Listing of Securities on the Stock Exchange (the "**Listing Rules**"); and (vi) has no other matter that needs to be brought to the attention of the Shareholders.

The Board would like to take this opportunity to express its sincere gratitude to Mr. Wang for his contribution to the Company during his tenure as an executive Director, and to extend its welcome to Ms. Wu for her new position.

CHANGE IN COMPOSITION OF NOMINATION COMMITTEE

Following the above appointment, the Board further announces that the composition of the Nomination Committee has changed as follows, with effect from October 29, 2026:

Nomination Committee:

Chairman:	Mr. Luo Ningzheng
Members:	Ms. Wu Shixuan, Mr. Wang Huan, Dr. Xu Weiguo and Dr. Fan Ming

The chairman and members of the audit committee and the remuneration committee under the Board remain unchanged.

Reference is made to the announcement of the Company dated August 14, 2026, in relation to, among other things, the resignation of a non-executive Director and a member of the Nomination Committee, following which, the Board and the Nomination Committee consisted solely of one gender and the Company was not in compliance with Rule 13.92(2) of 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.

Following the appointment of Ms. Wu, at least one member of the Board and the Nomination Committee is of a different gender. Accordingly, the Company has re-complied with Rule 13.92(2) of the Listing Rules and Code Provision B.3.5 of the CG Code.

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

Hong Kong, October 29, 2026

As of the date of this announcement, the Board comprises (i) Mr. LUO Ningzheng, Mr. JI Cuilin, Mr. HUANG Lang and Ms. WU Shixuan 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.