

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 51,886,862

Date: May 3, 2017

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

The Issuer announced new appointment to its Board of Directors and appointment of new Officers. The Issuer appointed Dr. Jamison Feramisco as CEO (a current AHC Director) and appointed Dr. Michael Murphy as a director of the Issuer, a further appointment as Chairman of the Board of Directors. These appointments

represent significance in bringing additional clinical corporate expertise in the oversight of Alternate Health's emerging medical operations. Dr. Feramisco is an M.D., Ph.D., and is a graduate of the University of Texas at Southwestern Medical School. He is trained in both Internal Medicine and Dermatology and conducted his thesis research in the labs of Nobel Laureates Drs. Michael Brown and Joseph Goldstein MD, earning a Ph.D. degree in Molecular Genetics and Biochemistry. Dr. Feramisco brings Alternate Health a high level of experience and success in transforming corporate growth to profitability, strategic mergers and acquisitions, regulatory oversight and dynamic healthcare innovation across medical technology, digital health, big data analytics, and clinical services.

Dr. Michael Murphy currently manages the Alternate Health Clinical Laboratories and is the majority interest shareholder in Clover Trail LLC, a foundational partner of Alternate Health. Dr. Murphy is a M.D. specializing in Anesthesiology and Interventional Pain Management with a focus on alleviating chronic pain. He holds a very successful track record in acquiring and managing several medical service practices, clinics and Ambulatory Surgery Centers. He has also served on the Boards of various financial institutions. His wealth of experience and knowledge in laboratory operations, management, and regulatory compliance will serve a key function in supporting Alternate Health's business.

The Issuer also announced the resignation of Bryan Korba as Chairman, CEO and Director. Mr. Korba was hired to transition Alternate Health into a public listing, and to recruit and engage a suitable management team to grow the company. Mr. Korba was appointed President of the Issuer. For full details, see news release dated and issued on April 5, 2017.

The Issuer announced that General Wesley K. Clark, former NATO Supreme Allied Commander, had joined the Board of Directors of Alternate Health. General Clark will assist and advocate for the Issuer in its work to develop new treatments for patients suffering from post-traumatic stress disorder (PTSD). General Clark served a distinguished career in the U.S. Army and rose to a four-star general as NATO's Supreme Allied Commander. Since retiring from the military in 2000, he has served in several capacities in the private sector and has chaired several public and private companies in the energy, banking and business services field. In addition to being a noted author and political commentator, he graduated first in his class at West Point and completed degrees in Philosophy, Politics and Economics at Oxford University as a Rhodes scholar. Among his awards are the Presidential Medal of Freedom, the Silver Star, Purple Heart and honorary knighthoods from the United Kingdom and the Netherlands. For full details, see news release dated and issued on April 10, 2017.

The Issuer announced that it had entered into various employment and management agreements (the 'Agreements') with certain officers of the Issuer. Pursuant to the terms of the Agreements, the Issuer will grant an aggregate of 867,544 warrants to purchase AHC shares at a price of USD\$2.93 or CAD\$3.91 per common share for a period of five years from the date of issuance. The effective date of the grants is April 14, 2017. The Issuer also announced that it has granted incentive stock options to certain directors, officers, and/or consultants of the

Issuer for the right to purchase up to an aggregate of 580,000 common shares of the Issuer, exercisable at the price of CAD\$4.00 per share for five years. The effective date of the proposed grant of option is April 14, 2017. The stock options granted will be in accordance with the Company's Stock Option Plan and will have the required four months hold period legend, pursuant to the Policies of the CSE and regulatory authorities For full details, see news release dated and issued on April 17, 2017.

The Issuer announced that it would be participating and will present a business update at the Planet MicroCap Showcase conference in Las Vegas at 9 a.m. PT on Thursday, April 27, 2017. The Planet MicroCap Showcase is a conference that brings together promising companies and the top dealmakers in microcap finance for three days of company presentations, one-on-one meetings, and networking. For full details, see news release dated and issued on April 25, 2017.

2. Provide a general overview and discussion of the activities of management.

The Issuer's management team continued its efforts to raise market awareness, and to expand and enhance the expertise of its Board and management team. The Issuer's managements also continue to seek new ventures and opportunities to develop and increase the stakeholder's value and profitability of the Issuer.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

N/A

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

N/A

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

N/A

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

N/A

8. Describe the acquisition of new customers or loss of customers.

N/A

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

N/A

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

N/A

11. Report on any labour disputes and resolutions of those disputes if applicable.

N/A

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

N/A

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted.

On April 13, 2017, the Issuer announced the grant of incentive stock options and grant of warrants to certain directors, officers, and consultants of the Issuer. The prices of the proposed option grant and warrants were reserved on the date of the news release; however, as at the date of the filing of this report, the Board resolution approving the grants is not fully executed and thus not yet implemented or enacted.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.

N/A

16. Provide details of any changes in directors, officers or committee members.

N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

N/A

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 were 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 7 Monthly Progress Report is true.

Dated **May 3, 2017**

Marcelin O'Neill

Name of Director or Senior Officer

"Marcelin O'Neill"

Signature

Compliance Officer & Corporate Secretary

Official Capacity

Issuer Details Name of Issuer Alternate Health Corp.	For Month End: April 2017	Date of Report YY/MM/D 17/05/3
Issuer Address 309-1485 West 6th Ave.		
City/Province/Postal Code Vancouver, BC, V6H4G1	Issuer Fax No. 604.736.8254	Issuer Telephone No. 604.569.4969
Contact Name Marcelin O'Neill	Contact Position Compliance Officer & Corporate Secretary	Contact Telephone No. 604.569.4969
Contact Email Address: m.oneill@alternatehealth.ca	Web Site Address: www.alternatehealth.ca	