



PRESS RELEASE
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H100 Releases Shareholder Letter

2 January 2026 - H100 Group AB ("H100" or the "Company") has published a shareholder letter from the management team, highlighting key achievements that shaped 2025 and providing an outlook for 2026. The shareholder letter is attached to this press release and is available on the Company's website: <https://www.h100.group/news/shareholder-letter-january-2026>

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About H100 Group

H100 Group AB is a health technology company in the health and longevity industry with an active Bitcoin Treasury Strategy. The company's business idea is to support providers of health and lifestyle services through AI-powered automation, digital growth tools, and integrated platform solutions, with the goal of helping people live healthy lives to 100 and beyond.

H100 follows a clear growth strategy focused on building a seamless ecosystem where AI integration enhances efficiency and expands service offerings. Growth is further accelerated through strategic acquisitions of key players within its ecosystem, aiming to consolidate and scale the business.

The company is listed on NGM Nordic SME. For more information, visit www.h100.group.

Attachments

[H100 Shareholder Letter 2 January 2026](https://www.h100.group/news/shareholder-letter-january-2026)