

Shareholder Proposals Ahead of the Annual General Meeting and Proposed Transition in Executive Management

A group of shareholders representing approximately 55 % of the shares and votes in H100 Group AB has submitted the following proposals to be addressed at the Annual General Meeting (AGM), scheduled for 18 September 2025.

Proposal for Number of Board Members

The shareholder group proposes that the number of board members shall be four (4), without deputies.

Proposal for Election of Board Members

The shareholder group proposes the re-election of the following current board members:

- Joakim Dahl, Board Member
- Sander Andersen, Board Member

In addition, the following individuals are proposed for election as new board members:

- Florence Aspinall
- Johannes Wiik

Joakim Dahl and Florence Aspinall are considered independent in relation to the company and its major shareholders, in accordance with the Swedish Corporate Governance Code.

It is proposed that Sander Andersen is new-elected as chairman of the board.

Proposal for Board Remuneration

The shareholder group proposes that board remuneration be paid as follows:

SEK 400,000 per annum to the Chair of the Board

SEK 200,000 per annum to each of the other board members

The proposed remuneration is considered reasonable and aligned with market practice, taking into account the scope and responsibilities of the board.

CV Summaries of Proposed New Board Members



PRESS RELEASE

17 September 2025 17:33:00 CEST

Johannes Wiik

Chief Operating Officer of H100 Group AB. Holds a Master of Law degree from the University of Oslo, with a professional background as a lawyer at Wiersholm, one of Norway's leading law firms, specializing in corporate law and mergers & acquisitions.

Current assignments: Board member of Healthy to 100 AS, H100 Technology AS and Entirebody Coaching AS.

Florence Aspinall

Florence graduated with first-class honors from the London School of Economics and earned a master's degree from the University of Oxford. She is an investor in the blockchain sector and manages a family office in London, United Kingdom. Her family office offers deep expertise in business strategy and company overview.

Current assignments: No other assignments.

Leadership Transition Proposed Following Election of New Board

Should Sander Andersen be elected Chairman of the Board, he will resign from his current position as Chief Executive Officer in accordance with the requirements of the Swedish Companies Act. Simultaneously, a new Chief Executive Officer will be appointed. A separate press release will be published following the appointment of a new Chief Executive Officer. Mr. Andersen will, however, continue to serve the Company in the capacity of Executive Chairman, thereby remaining fully engaged in the Company's operations and pursuing the same strategic and operational initiatives as under his current role, albeit under a different formal title.

Contact

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About H100 Group

H100 Group AB is a health technology company operating in the health and longevity industry. 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.



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17 September 2025 17:33:00 CEST

This information is information that H100 Group is obliged to make public pursuant to the EU Market Abuse Regulation. The information was submitted for publication, through the agency of the contact persons set out above, at 2025-09-17 17:33 CEST.