

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Teigland Eiendom AS	
2	Reason for the notification		
a)	Position/status	A company closely associated with Trine Teigland, member of the board of directors of, and primary insider, in Lifecare ASA	
b)	Initial Notification / Amendment	Initial	
3	Details of the issuer		
a)	Name	Lifecare ASA	
b)	LEI	254900D88MYGZ7JD5P39	
4	Details of the transaction:		
a)	Description of the financial instrument, type of instrument Identification code	Allocation of shares in Lifecare ASA, with ISIN NO0013355859 Allocation of Warrants Series 1, with ISIN NO0013709196 Allocation of Warrants Series 2, with ISIN NO0013709204	
b)	Nature of the transaction	Allocation of underwriting commission shares	
c)	Price(s) and volume(s)	Price	Volume(s) of shares
		NOK 0.5	480,000
		Price	Volume(s) of Warrants Series 1
		NOK 0.0	360,000
		Price	Volume(s) of Warrants Series 2
		NOK 0.0	360,000

d)	Aggregated information — Aggregated volume — Price	Price		Volume(s) of shares
		NOK 240,000		480,000
		Price		Volume(s) Warrants Series 1
		NOK 0.00		360,000
		Price		Volume(s) Warrants Series 2
		NOK 0,00		360,000
e)	Date of the transaction	2026-01-29		
f)	Place of the transaction	Outside a trading venue		