

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, board member and primary insider of 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	Lifecare ASA shares with ISIN NO0013355859				
b)	Nature of the transaction	Sale of shares				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 0.4824</td> <td>3,000,000</td> </tr> </tbody> </table>	Price	Volume(s)	NOK 0.4824	3,000,000
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d)	Aggregated information — Aggregated volume — Price	<table border="1"> <thead> <tr> <th>Price</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 1,447,200</td> <td>3,000,000</td> </tr> </tbody> </table>	Price	Volume(s)	NOK 1,447,200	3,000,000
Price	Volume(s)					
NOK 1,447,200	3,000,000					
e)	Date of the transaction	2026-03-13				
f)	Place of the transaction	Oslo Stock Exchange				