



ASX / MEDIA RELEASE

Upcoming Third Quarter Results Reporting Date

SYDNEY, Australia and Bellevue, Washington. – 27 October 2022 – [Limeade](#) (ASX: LME, or the Company), an immersive employee well-being company that creates healthy employee experiences, announces the release of the Company's third quarter results for the period ending 30 September 2022, will be released for the first time as a Form 10-Q, following the Form 10 Registration Statement, which became effective on 5 October 2022 (AEDT) / 4 October 2022 (PT).

The results are expected to be released on Friday, 11 November 2022 (AEDT) / Thursday, 10 November 2022 (PT).

Consistent with an ASX waiver granted for ASX Listing Rule 4.7B and 4.7C (received 10 October 2022), the Company will now lodge a Form 10-Q within 45 days following the end of each year quarter, in place of an Appendix 4C and Quarterly Activities Report.

A table summarising changes to the Limeade reporting timetable is attached and is also available on the Company's website at the following address:

<https://investors.limeade.com/investor-relations/?page=Reporting-Requirements>

This release dated 27 October 2022 has been authorised for lodgement to ASX by Mr Todd Spartz CFO of Limeade and lodged by Mr Danny Davies the Limeade ASX Representative.

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Contact Information

Company

Mr Henry Albrecht
Chief Executive Officer
henry.albrecht@limeade.com
+1 425 908 0216

Investor Relations / Media (AU)

Dr Thomas Duthy
Nemean Group for Limeade
thomas.duthy@limeade.com
+61 402 493 727

Media (US)

Ms. Amanda Lasko
Marketing Director
amanda.lasko@limeade.com
+1 206 227 6907

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About Limeade

Limeade is an immersive employee well-being company that creates healthy employee experiences. Limeade Institute science guides its industry-leading software and its own award-winning culture. Today, millions of users in over 100 countries use Limeade solutions to navigate the future of work. By putting well-being at the heart of the employee experience, Limeade reduces burnout and turnover while increasing well-being and engagement — ultimately elevating business performance. To learn more, visit www.limeade.com (ASX listing: LME).

Limeade, Inc. Australian Registered Business Number 637 017 602, a public limited company registered under the Washington Business Corporation Act (UBI Number: 602 588 317).

Disclosure

This ASX release does not constitute an offer to sell, or the solicitation of an offer to buy, nor shall there be any sale of any securities referred to herein in any state or other jurisdiction in which such offer, solicitation or sale would be unlawful. Any securities referred to herein have not been registered under the US Securities Act of 1933, as amended (the "US Securities Act") and may not be offered or sold in the United States or to US persons absent registration or an applicable exemption from registration under the US Securities Act and applicable state securities laws. In addition, any hedging transactions involving the securities referred to herein may not be conducted unless in compliance with the US Securities Act.

Limeade U.S. financial reporting requirements

Listing Rule	ASX timeframe	Waiver	Limeade lodgement timeframe
LR 4.2A.3	Limeade must lodge with ASX an Appendix 4D within 2 months after the end of its half year.	<p>Limeade is not required to lodge an Appendix 4D on the condition that it files with the ASX a copy of the Forms 10-Q it has filed with the SEC for the first and second quarters of that financial year.</p> <p>The Form 10-Q for the second quarter is to be accompanied by the information set out in section 2 of Appendix 4D.</p>	Limeade will lodge its Form 10-Q for the second quarter with the ASX within 45 days after the end of the quarter.
LR 4.3A	Limeade must lodge with ASX an Appendix 4E within 2 months following the end of its financial year.	Limeade is not required to lodge an Appendix 4E on the condition that it files with the ASX a copy of the Form 10-K it has filed with the SEC for that financial year and accompanied by the information set out in section 2 of Appendix 4E.	Limeade will lodge its Form 10-K and accompanying information with the ASX within two months after the end of its financial year.
LR 4.7B & LR 4.7C	Limeade must lodge an Appendix 4C and quarterly activities report within 1 month after the end of each quarter.	<p>Limeade is not required to lodge an Appendix 4C or quarterly activity report on the condition that it files with ASX, for the first, second and third quarters of its financial year, a copy of the Form 10-Q it has filed with the SEC for those quarters. Any information that ought to have been disclosed in a quarterly activity report that is not included in the Form 10-Q for that quarter must accompany the Form 10-Q.</p> <p>In respect of the fourth quarter of its financial year, Limeade is not required to lodge an Appendix 4C or quarterly activity report on the condition it files with ASX a copy of the Form 10-K it has filed with the SEC for that financial year. Any information that ought to have been disclosed in the quarterly activity report that is not included in the Form 10-K must accompany the Form 10-K.</p>	<p>Limeade will lodge its Form 10-Q within 45 days following the end of each year quarter.</p> <p>See LR 4.3A above for timing in relation to the financial year-end filing in lieu of fourth quarter filings (Appendix 4C and quarterly activities report).</p>