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NEWS RELEASE

QHR GRANTS ONE MILLION STOCK OPTIONS

Kelowna, BC, August 1, 2008 – QHR Technologies Inc. (“QHR” or the “Company”) (TSX-Venture: QHR) announced today that it has granted an aggregate 1,000,000 stock options to various directors, employees and consultants of the Corporation. Each option is exercisable at \$0.25 per common share and is exercisable at any time until July 31, 2013. The options generally vest over a two year period in equal installments each quarter.

QHR provides integrated human resource management, payroll and staff scheduling (“HR”) software systems for the healthcare and social services sector, and electronic medical records (“EMR”) applications for physicians’ medical offices.

For a more complete business and financial profile of the Company, management encourages interested parties to visit the Company’s website, www.QHRtechnologies.com.

On behalf of the Board of Directors

Al Hildebrandt, President and CEO

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. Further risk information on the Company is available at www.sedar.com.

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