

**QHR Technologies Inc.**  
(the "Company")  
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**News Release**

*Not for distribution in the United States or through United States wire services.*

**November 28, 2002 – (QHR – TSX)** – Mr. Al Hildebrandt, President and CEO of the Company, is pleased to announce that its Board of Directors has been expanded from four members to five.

Mr. Frank Estergaard, B.Comm, CA, has consented to act as a director of the Company effective November 28, 2002. He has been granted an incentive stock option for 25,000 common shares at a price of \$0.35 per share for a period of five years subject to regulatory approval.

Mr. Estergaard's business experience spans 38 years of public accounting with KPMG. During his career, he served in the Vancouver office of KPMG where he was responsible for the audit of a number of large and medium sized public and private companies. After transferring to the Vernon office in 1972, he became a partner. He was appointed Managing Partner in 1985 and was later elected to the BC Regional Management Committee of KPMG and the firm's National Policy Board. He transferred to Ottawa in 1989 and served as Vice Chairman of the Ontario Region and was appointed to the Executive Committee and Partnership Board of KPMG. In 1993, he returned to the Kelowna office and served as Partner in Charge until his retirement in 2001.

A highly respected member of the community and a welcome addition to the Board of Directors, Mr. Estergaard is actively involved in many organizations in the Okanagan and the development of business throughout the region.

Mr. Estergaard will chair the Audit Committee. A majority of QHR's Directors, and all of the Audit Committee are independent directors as recommended in Joint Committee (TSE, TSX, CICA) and Blue Ribbon Committee recommendations.

QHR Technologies Inc. is engaged in the business of developing and implementing Human Resource, Payroll and Scheduling software solutions and technology business acquisitions. The corporate mission is to become a global leader in human resource systems for complex payroll environments.

Al Hildebrandt  
President & Chief Executive Officer

*The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.*

**For further information, please contact:**  
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