



Technologies Inc.

("QHR" or the "Company")

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NEWS RELEASE

Trading Symbol: QHR

MR. CHARLES (CHUCK) LAFLECHE JOINS QHR BOARD OF DIRECTORS

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November 2, 2006 (QHR – TSX Venture Exchange) The Honourable Jake Epp PC, Chairman of the Company, is pleased to announce that Mr. Charles (Chuck) LaFleche, B.A., B. Comm., CMA, FCMA has consented to act as a director of QHR.

Mr. LaFleche is a seasoned and highly regarded business professional with 25 years of executive management experience in technology business development. He is the founder and past Chief Executive Officer of Momentum Healthware, Inc., an 85-employee Winnipeg-based healthcare information technology company with United States operations headquartered in Nashville, Tennessee. He continues to serve as the Chief Business Development Officer of Momentum.

Momentum develops and markets financial, clinical and dietary information technology solutions to several hundred clients in seven provinces in Canada and 30 states in the US. Mr. LaFleche is very familiar with the Company's human resource technologies and high standard business practices as QHR and Momentum share many clients in Manitoba and Ontario.

In 2001, he was named a Fellow of the Society of Management Accountants of Canada and 2003 was named to the Standards Council of Canada. One of Mr. LaFleche's many accomplishments came as a founding board member and Treasurer of the Canadian Health Information Technology Trade Association (CHITTA). He also sits on two Canadian Standards Association work groups concentrating on standards in healthcare informatics. He was recently appointed as a member of the Canadian Health Industries Partnership.

Mr. LaFleche's reputation, experience, network and involvement will establish a solid management foundation to deal the business challenges ahead. QHR will be better equipped to focus on the development of its unique human resource and electronic medical record brands with the goal of enhancing the performance of our business model.

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 & Chief Executive Officer

This news release contains "forward looking statements" within the meaning of applicable Canadian securities legislation. Forward-looking statements are indicated expectations or intentions. Forward-looking statements included in this news release include that Mr. LaFleche's reputation, experience, network and involvement will establish a solid management foundation to deal the business challenges ahead and that the Company will be better equipped to advance the Company's human resource and electronic medical record brands with the performance of the Company's business operations. These statements are subject to risks that may cause the actual results to be materially different from those expressed or implied by such forward looking statements.

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