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NEWS RELEASE

QHR ADDS JIM MUTTER & DAVID MARTIN TO BOARD OF DIRECTORS

Kelowna, BC, May 21, 2010 – (TSX-V: QHR) QHR Technologies Inc. (“QHR” or the “Company”), (TSX Venture: QHR) announced today that Mr. Jim Mutter and Mr. David Martin have consented to act as QHR directors and have been elected to the Board to fill vacancies.

Mr. Jim Mutter is an experienced legal advisor and business executive advising business clients on all corporate legal matters to align with corporate objectives of business growth. Jim Mutter was the former President of the Premier’s Technology Council of BC, coordinating provincial and private technology interests as BC moved to become a technology leader in all communities. He was a partner at a large national law firm in Vancouver as well as an international executive recruitment firm. Jim Mutter has recently moved to Kelowna, BC, where he is a partner with the law firm of Benson Salloum Watts LLP. Jim Mutter is contributing to the technology community with his experiences and is also a director of Vecima Networks Inc. (TSX:VCM) and is Chair of the Compensation and Governance committees, as well as a member of the Audit committee.

Mr. David Martin is a seasoned value based investor who formerly worked in retail sales and management with several nationally recognized brokerage houses. He is a former director of Chou Associates Management and was affiliated with several Toronto asset management firms. David Martin, now a Kelowna resident is a significant QHR shareholder, having participated in recent financings, and is bringing his expertise in capital markets and investor related activities to the Company.

As Chairman of the Board, Dr. Wigmore stated, “I’m pleased to welcome both Jim Mutter and David Martin to QHR’s Board of Directors at this stage of its growth. Bringing on capital market experience, along with public company and legal expertise from individuals who have a broad range of experiences can help QHR as we build our business operations across the country”.

Victoria Withers has resigned from the board effective May 20, 2010.

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

Dr. Ernest Wigmore, Chairman of the Board

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