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P R E S S R E L E A S E

RCM HEALTH CARE SERVICES AND CAREER STEP DECLARE PARTNERSHIP TO HIRE MILITARY SPOUSES

Pennsauken, NJ – April 5, 2018 -- RCM Health Care Services, a division of RCM Technologies, Inc. (NasdaqGM: RCMT), a premier provider of staffing solutions to many of the finest healthcare institutions across the nation, today announced a partnership with Career Step to increase employment opportunities for military spouses.

Career Step is a leading provider of career-focused education and professional training, creating innovative and engaging programs leading to employment, development, and advancement in the largest and fastest growing fields within healthcare. RCM intends to employ alumni from Career Step's educational programs with a specific focus on Health Information Management.

“The high unemployment rate among military spouses highlights both the need for career education that fits into their unique lifestyles and the need to find jobs that will move with them wherever they are stationed,” said Ryan Ewer, Career Step Chief Marketing Officer. “We are excited for the opportunity this partnership provides for our students to find jobs suited to their circumstances.”

RCM's Health Information Management (HIM) division is a leading national HIM staffing and consulting company, delivering wide-ranging Health Information Management, Clinical Documentation Improvement, Electronic Health Records and Patient Financial Services solutions to healthcare organizations nationwide. RCM's customizable services, include remote medical coding, clinical documentation improvement (CDI), 3rd party coding audits, physician training and education, EMR-HIM optimization, and interim HIM staffing. RCM's national client footprint includes multi-facility hospital systems, large IPA's, teaching and community hospitals, and health plans.

Michael Saks, Senior Vice President of RCM Health Care Services, commented: “RCM is proud to continue our efforts as a partner in the Military Spouse Employment Partnership and looks forward to our collaboration with Career Step. The remote career opportunities provide flexibility, offering a unique opportunity for military spouses to retain employment with RCM even when frequently relocating to various military bases due to deployment.”

About RCM Health Care Services

RCM Health Care Services is a division of RCM Technologies, Inc. that specializes in long-term and short-term staffing as well as executive search and placement for the following fields: rehabilitation (physical therapists, occupational therapists and speech language pathologists), nursing, managed care, allied health care, health care management, medical office support and non-medical caregivers or companions. The Specialty Health Care Group provides services to hospitals, long-term care facilities, schools, sports medicine facilities and private practices. Services include in-patient, outpatient, sub-acute and acute care, multilingual speech pathology, rehabilitation, and geriatric, pediatric, and adult day care. The Specialty Healthcare Group also provides Hospital Information Management System consulting services to the hospital industry. Typical engagements either range from three to six months or are on a day-to-day shift basis.

For more information please visit: www.rcmhealthcare.com

About RCM Technologies, Inc.

RCM Technologies, Inc. is a premier provider of business and technology solutions designed to enhance and maximize the operational performance of its customers through the adaptation and deployment of advanced information technology and engineering services. RCM is an innovative leader in the delivery of these solutions to commercial and government sectors. RCM is also a provider of specialty healthcare services to major health care institutions and educational facilities. RCM's offices are located in major metropolitan centers throughout North America. Additional information can be found at www.rcmt.com.

About Career Step

Career Step is an online provider of career-focused education and professional training. The company has trained over 100,000 students for new careers as well as more than 100,000 healthcare professionals through its various continuing education courses. More than 150 colleges and universities nationwide have partnered with Career Step, and the company provides training for several of the largest and most respected healthcare employers in the nation. Career Step is committed to helping students and practicing healthcare professionals alike gain the skills they need to be successful in the workplace—improving lives, advancing careers and driving business results through education. More information can be found at www.careerstep.com or 1-800-246-7837.

The Statements contained in this release that are not purely historical are forward-looking statements within the Private Securities Litigation Reform Act of 1995 and are subject to various risks, uncertainties and other factors that could cause the Company's actual results, performance or achievements to differ materially from those expressed or implied by such forward-looking statements. These statements often include words such as “may,” “will,” “expect,” “anticipate,” “continue,” “estimate,” “project,” “intend,” “believe,” “plan,” “seek,” “could,” “can,” “should,” “are confident” or similar expressions. In addition, statements that are not historical should also be considered forward-looking statements. These statements are based on assumptions that we have made in light of our experience in the industry, as well as our perceptions of historical trends, current conditions, expected future developments and other factors we believe are appropriate in these circumstances. Forward-looking statements include, but are not limited to, those relating to demand for the Company's services, expectations regarding our future revenues and other financial results, our pipeline and potential project wins and our expectations for growth in our business. Such statements are based on current expectations that involve a number of known and unknown risks, uncertainties and other factors, which may cause actual events to be materially different from those expressed or implied by such forward-looking statements. Risk, uncertainties and other factors may emerge from time to time that could cause the Company's actual results to differ from those indicated by the forward-looking statements. Investors are directed to consider such risks, uncertainties and other factors described in documents filed by the Company with the Securities and Exchange Commission, including our most recent Annual Report on Form 10-K and subsequent Quarterly Reports on Form 10-Q. The Company assumes no obligation (and expressly disclaims any such obligation) to update any forward-looking statements contained in this release as a result of new information or future events or developments, except as may be required by law.