

Submission Data File

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FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPROVAL

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☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Fernandez Charles M. <hr/> (Last) (First) (Middle) C/O NEXTPLAT CORP 3250 MARY ST., SUITE 410 <hr/> (Street) COCONUT FL 33133 <hr/> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol Progressive Care Inc. [RXMD] <hr/> 3. Date of Earliest Transaction (Month/Day/Year) 09/13/2022 <hr/> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below) <hr/> 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I – Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price			

Table II – Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code V	(A) (D)	Date Exercisable Expiration Date	Title	Amount or Number of Shares				
Stock Options	\$0.022	09/13/2022		A	31,440,555	(I) 09/13/2032	Common Stock	31,440,555	\$0	716,380,553 (2)	D	

Explanation of Responses:

1. Options to purchase up to 12,576,222 Common Shares are fully vested upon Grant Date; Options to purchase up to an additional 6,288,111 Common Shares become vested upon the first Trading Day following the date on which the Company's market capitalization is \$50 million or more for five consecutive Trading Days; options to purchase up to an additional 6,288,111 Common Shares become fully vested on the first Trading Day following the date on which the Company's market capitalization is \$100 million or more for five consecutive Trading Days; and options to purchase up to an additional 6,288,111 Common Shares become fully vested on the first Trading Day following the date on which the Company's market capitalization is \$200 million or more for five consecutive Trading Days.

2. Includes 660,671,427 derivative securities owned by NextPlat Corp. As Chairman and Chief Executive Officer of NextPlat Corp, Mr. Fernandez has voting or investment control over these securities. For the avoidance of doubt, Mr. Fernandez expressly disclaims ownership of the Issuer's securities owned by NextPlat.

Remarks:/s/Charles M. Fernandez

** Signature of Reporting Person

10/18/2022

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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