

30 November 2023

Totally plc

("Totally", "the Company" or "the Group")

Director / PDMR Shareholding

Totally plc (AIM: TLY), a leading provider of frontline healthcare services, corporate fitness and wellbeing services across the UK and Ireland, announces that Simon Stilwell, a Non-Executive Director and Chairman Designate of Totally, yesterday purchased 1,000,000 ordinary shares of 10 pence each in the Company ("**Ordinary Shares**").

Following this purchase Simon Stilwell has a total beneficial interest in 1,000,000 Ordinary Shares equivalent to 0.51% per cent. of the Company's issued share capital.

The notification below, which has been made in accordance with the requirements of the UK Market Abuse Regulation, provide further detail.

For further information please contact:

Totally plc

Wendy Lawrence, Chief Executive Officer

Bob Holt, Chairman

Holly Smart, Director of Communications and Marketing

020 3866 3330

Canaccord Genuity Limited (Nominated Adviser & Corporate Broker)

Bobbie Hilliam / Harry Rees

020 7523 8000

Notes to editors

About Totally

Totally is a leading provider of healthcare and wellbeing services across the UK and Ireland, working in partnership with the NHS, other healthcare providers and corporate customers to help address the challenges of increased demand for healthcare services.

The Company is committed to pursuing a progressive buy-and-build consolidation strategy within the fragmented healthcare market and looks to capitalise on the attractive opportunities that its disruptive service model offers to generate value to shareholders.

Totally helps healthcare commissioners and hospitals ensure patients can access the most appropriate care quickly and efficiently by delivering quality urgent care services, such as NHS 111 and urgent treatment centres, elective care services including insourcing, outsourcing and elective care delivered via 'Any Qualified provider', as well as community dermatology clinics; and therapy servicing including first contact practitioner and a full physiotherapy and podiatry offering. Our corporate customer services also play a role in reducing reliance on healthcare by promoting healthy lifestyles and physical and mental health.

Healthcare services

Urgent Care: Totally's urgent care services are delivered under the Totally Urgent Care brand, by Vocare and

Greenbrook Healthcare. Both businesses have a strong heritage and have been delivering quality urgent care services including NHS 111, GP Out of Hours and Urgent Treatment centres on behalf of the NHS for more than 25 years and 15 years respectively.

Elective care: Totally's elective care services are delivered by Pioneer Healthcare, About Health and Premier Physical Healthcare.

- Pioneer Healthcare was established in 2007 and delivers a wide range of acute services to NHS patients, in partnership with independent healthcare sector private hospitals across England, to help the NHS reduce waiting lists whilst maintaining patient care and quality. Pioneer offer services through insourcing and outsourcing agreements and through its Any Qualified Provider status.
- About Health has been delivering community-based specialist care with a focus on delivering prompt assessment and treatment across the country since 2008.
- Premier Physical Healthcare was established in 2007 and provides physiotherapy and podiatry services to NHS patients, often within a community GP practice, and to the prison service.

Corporate Wellbeing Services

Energy Fitness Professionals ("EFP") EFP is a corporate fitness provider established in 1990 to address a gap in the market for workplace fitness, which has grown to offer a range of services covering workplace wellbeing. EFP manages 58 gyms on behalf of its corporate customers, with more than 11,500 members.

For more information visit www.totallyplc.com

Notification and public disclosure of transactions by persons discharging managerial responsibilities and persons closely associated with them.

1	Details of the person discharging managerial responsibilities / person closely associated		
a)	Name	Simon Stilwell	
2	Reason for the notification		
a)	Position/status	Non-Executive Director and Chairman Designate	
b)	Initial notification /Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Totally plc	
b)	LEI	213800C2NOWOH14F5J30	
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of instrument Identification code	Ordinary shares of 10p each in Totally plc ISIN: GB00BYM1JJ00	
b)	Nature of the transaction	Purchase of ordinary shares	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		6.00p	200,000 shares
		6.17p	250,000 shares
		6.10p	550,000 shares

d)	Aggregated information	
	- Aggregated volume	- Volume: 1,000,000 shares
	- Price	- Volume-weighted price: 6.0975p
e)	Date of the transaction	29 November 2023
f)	Place of the transaction	London Stock Exchange - AIM

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