

16 October 2024

Optima Health plc
("Optima Health" or the "Company")
Director / PDMR Shareholdings

Optima Health plc (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, announces the following transactions in the Company's Ordinary Shares were undertaken by Persons Discharging Managerial Responsibilities.

The Company was notified on 14 October 2024, that Joanne Newey, a PDMR of the Company, (Group Business Development & Propositions Director) purchased 12,500 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 159 pence per share.

Following this, Joanne Newey holds an interest of 70,034 Ordinary Shares, representing approximately 0.08% of the current issued share capital.

The Company was notified on 15 October 2024, that Heidi Giles, an Executive Director of the Company, (Chief Financial Officer) purchased 12,194 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 163.95 pence per share.

Following this, Heidi Giles holds an interest of 69,728 Ordinary Shares, representing approximately 0.08% of the current issued share capital.

Contacts:

Optima Health

Jonathan Thomas, CEO
Heidi Giles, CFO

+44(0)3300085113
media@OptimaHealth.co.uk

Nominated Adviser and Corporate Broker

Panmure Liberum Limited
Emma Earl / Will Goode / Mark Rogers / Rupert Dearden

+44 (0)20 3100 2000

UK Financial PR Adviser

ICR Consilium

Mary-Jane Elliott / Angela Gray / Chris Welsh

optimahealth@icrinc.com

About Optima Health

Optima Health is the UK's leading provider of occupational health and wellbeing services, directly influencing and improving people's lives for 25 years. Optima Health's incredible team of professionals quickly and effectively encapsulate client's needs, supporting organisations of all shapes and sizes. Through tailored solutions and innovative systems, Optima Health offers unparalleled clinical expertise to its clients. These solutions ensure that processes are simple and allow its clients to spend more time focusing on their employees driving a healthy, high-performing workplace. For more information visit www.optimahealth.co.uk

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	Joanne Newey
2	Reason for the notification	
a)	Position/status	Group Business Development & Propositions Director (PDMR)
b)	Initial notification /Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Optima Health plc

b)	LEI	213800TOPWJSRCW4ON08				
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 £0.01 each GB00BRSCY602				
b)	Nature of the transaction	Purchase of shares				
c)	Price(s) and volume(s)	<table><tr><td>Purchase Price</td><td>Volume</td></tr><tr><td>159 pence</td><td>12,500</td></tr></table>	Purchase Price	Volume	159 pence	12,500
Purchase Price	Volume					
159 pence	12,500					
d)	Aggregated information - Aggregated volume - Price	12,500 shares 159 pence				
e)	Date of the transaction	14 October 2024				
f)	Place of the transaction	London Stock Exchange, AIM Market				

1	Details of the person discharging managerial responsibilities / person closely associated						
a)	Name	Heidi Giles					
2	Reason for the notification						
a)	Position/status	Chief Financial Officer					
b)	Initial notification /Amendment	Initial notification					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	Optima Health plc					
b)	LEI	213800TOPWJSRCW4ON08					
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 £0.01 each GB00BRSCY602					
b)	Nature of the transaction	Purchase of shares					
c)	Price(s) and volume(s)	<table><tr><td>Purchase Price</td><td>Volume</td></tr><tr><td>163.95</td><td>12,194</td></tr></table>		Purchase Price	Volume	163.95	12,194
Purchase Price	Volume						
163.95	12,194						
d)	Aggregated information - Aggregated volume - Price	12,194 shares 163.95 pence					
e)	Date of the transaction	15 October 2024					

f)	Place of the transaction	London Stock Exchange, AIM Market
----	--------------------------	-----------------------------------

This information is provided by RNS, the news service of the London Stock Exchange. RNS is approved by the Financial Conduct Authority to act as a Primary Information Provider in the United Kingdom. Terms and conditions relating to the use and distribution of this information may apply. For further information, please contact ms@seg.com or visit www.ms.com.

RNS may use your IP address to confirm compliance with the terms and conditions, to analyse how you engage with the information contained in this communication, and to share such analysis on an anonymised basis with others as part of our commercial services. For further information about how RNS and the London Stock Exchange use the personal data you provide us, please see our [Privacy Policy](#).

END

DSHFFAEFIELSEIS