

Optima Health plc
("Optima", the "Company", and, together with its subsidiaries, the "Group")

Notice of Half Year Results

LONDON, UK 27 November 2024, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, will announce its Half Year Results for the six months ended 30 September 2024 on Wednesday 11 December 2024.

Jonathan Thomas, Chief Executive Officer, and Heidi Giles, Chief Financial Officer, will host an in-person briefing for analysts at 11:00am GMT on the day of the results at 1 Moorgate, London, EC2R 6EA. There will also be a live webcast and conference call with a Q&A session.

For more details or to attend the briefing, please contact optimahealth@icrinc.com

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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

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