

19 December 2024

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

Optima Health plc (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, announces that it was notified on 19 December 2024, Heidi Giles, (Chief Financial Officer of the Company) purchased 13,500 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 147.4 pence per share.

Following this, Heidi Giles holds an interest 83,228 Ordinary Shares, representing approximately 0.09% of the current issued share capital.

Contacts:

Optima Health

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Nominated Adviser and Corporate Broker

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UK Financial PR Adviser

ICR Healthcare

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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

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	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>147.4 pence</td><td>13,500</td></tr></table>	Purchase Price	Volume	147.4 pence	13,500
Purchase Price	Volume					
147.4 pence	13,500					
d)	Aggregated information - Aggregated volume - Price	n/a				
e)	Date of the transaction	19 December 2024				
f)	Place of the transaction	London Stock Exchange, AIM Market (XLON)				

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