

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 24 December, that Simon Arnold, (Non-Executive Director of the Company) purchased 7,637 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 143.89 pence per share.

Following this, Simon Arnold holds an interest of 20,451 Ordinary Shares, representing approximately 0.02% of the current issued share capital.

Contacts:

Optima Health

Jonathan Thomas, CEO

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

Heidi Giles, CFO

Nominated Adviser and Corporate Broker

Panmure Liberum Limited

+44 (0)20 3100 2000

Emma Earl / Will Goode / Mark Rogers / Rupert Dearden

UK Financial PR Adviser

ICR Consilium

optimahealth@icrinc.com

Mary-Jane Elliott / Angela Gray / Lindsey Neville

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 PDMR / person closely associated with them ("PCA")	
(a)	Name	Simon Arnold
2	Reason for the notification	
(a)	Position/status	NED
(b)	Initial notification/amendment	Initial notification
3	Details of the Issuer	
(a)	Name	OPTIMA HEALTH GROUP PLC
(b)	Legal Entity Identifier code	OPT
4	Details of the transaction(s)	
(a)	Description of the financial instrument	Ordinary Share

(b)	Identification Code	GB00BRSCY602		
(c)	Nature of the transaction	Acquisition		
(d)	Currency	Pounds Sterling		
(e)	Price(s) and volume(s)	Price(s)		Volume(s)
		143.89		7637
0[(f)	Aggregated information	£10,999.88		
(g)	Date of the transaction	24/12/24		
(h)	Place of the transaction	XLON:AIM		

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 rns@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

DSHBXBDDXXDDGSR