RNS Number : 9288T
Optima Health PLC
20 January 2025

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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 17 January 2025, that Joanne Newey, a PDMR of the Company, (Group Business Development & Propositions Director) purchased 14,046 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 143.14 pence per share.

Following this, Joanne Newey holds an interest of 84,080 Ordinary Shares, representing approximately 0.09% of the current issued share capital.

Contacts:

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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.optima health.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)	Purchase Price: 143.14 pence; Volume: 14,046
d)	Aggregated information - Aggregated volume - Price	 14,046 shares 143.14 pence
e)	Date of the transaction	17 January 2025
f)	Place of the transaction	London Stock Exchange, AIM Market

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