

21 March 2025

**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 20 March 2025, that Jonathan Thomas, (Chief Executive Officer of the Company) purchased 1,250 ordinary shares of £0.01 in the Company ("Ordinary Shares") at a price of 197.69 pence per share.

In addition, Jonathan Thomas purchased a further 8 shares at 197.5p per share on 20 March 2025. This follows the discovery of an administrative error that resulted in the sale by Jonathan Thomas of 8 shares on 11 March 2025 at 182p per share.

Following these transactions, Jonathan Thomas holds an interest in the Company of 218,356 Ordinary Shares, representing approximately 0.25% of the current issued share capital.

**Contacts:**

**Optima Health**

Jonathan Thomas, CEO  
Heidi Giles, CFO

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**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

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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](http://www.optimahealth.co.uk)

**NOTIFICATION AND PUBLIC DISCLOSURE OF TRANSACTIONS BY PERSONS DISCHARGING MANAGERIAL RESPONSIBILITIES AND PERSONS CLOSELY ASSOCIATED WITH THEM**

|          |                                                                                                                      |                         |
|----------|----------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>1</b> | <b>Details of the person discharging managerial responsibilities / person closely associated</b>                     |                         |
| a)       | Name                                                                                                                 | Jonathan Thomas         |
| <b>2</b> | <b>Reason for the notification</b>                                                                                   |                         |
| a)       | Position/status                                                                                                      | Chief Executive Officer |
| b)       | Initial notification /Amendment                                                                                      | Initial notification    |
| <b>3</b> | <b>Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor</b> |                         |
| 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<br><br>Identification code                                                                                                            | Ordinary Shares of £0.01 each<br><br>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>197.69 pence</td><td>1,250 shares</td></tr></table> | Purchase Price | Volume | 197.69 pence | 1,250 shares |
| Purchase Price | Volume                                                                                                                                                                                            |                                                                                                                   |                |        |              |              |
| 197.69 pence   | 1,250 shares                                                                                                                                                                                      |                                                                                                                   |                |        |              |              |
| d)             | Aggregated information<br><br>- Aggregated volume<br><br>- Price                                                                                                                                  | n/a                                                                                                               |                |        |              |              |
| e)             | Date of the transaction                                                                                                                                                                           | 20 March 2025                                                                                                     |                |        |              |              |
| f)             | Place of the transaction                                                                                                                                                                          | London Stock Exchange, AIM Market (XLON)                                                                          |                |        |              |              |

|                |                                                                                                                                                                                                   |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------|--------|-----------|----------|----------------|--------|-------------|----------|
| 1              | Details of the person discharging managerial responsibilities / person closely associated                                                                                                         |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| a)             | Name                                                                                                                                                                                              | Jonathan Thomas                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| 2              | Reason for the notification                                                                                                                                                                       |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| a)             | Position/status                                                                                                                                                                                   | Chief Executive 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                                                                                                                                       | Ordinary Shares of £0.01 each                                                                                                                                                                                          |  |            |        |           |          |                |        |             |          |
|                | Identification code                                                                                                                                                                               | GB00BRSCY602                                                                                                                                                                                                           |  |            |        |           |          |                |        |             |          |
| b)             | Nature of the transaction                                                                                                                                                                         | Sale and purchase of shares                                                                                                                                                                                            |  |            |        |           |          |                |        |             |          |
| c)             | Price(s) and volume(s)                                                                                                                                                                            | <table><tr><td>Sale Price</td><td>Volume</td></tr><tr><td>182 pence</td><td>8 shares</td></tr></table><br><table><tr><td>Purchase Price</td><td>Volume</td></tr><tr><td>197.5 pence</td><td>8 shares</td></tr></table> |  | Sale Price | Volume | 182 pence | 8 shares | Purchase Price | Volume | 197.5 pence | 8 shares |
| Sale Price     | Volume                                                                                                                                                                                            |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| 182 pence      | 8 shares                                                                                                                                                                                          |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| Purchase Price | Volume                                                                                                                                                                                            |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| 197.5 pence    | 8 shares                                                                                                                                                                                          |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
| d)             | Aggregated information                                                                                                                                                                            |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |
|                | - Aggregated volume                                                                                                                                                                               | n/a                                                                                                                                                                                                                    |  |            |        |           |          |                |        |             |          |
|                | - Price                                                                                                                                                                                           |                                                                                                                                                                                                                        |  |            |        |           |          |                |        |             |          |

|    |                          |                                                                      |
|----|--------------------------|----------------------------------------------------------------------|
| e) | Date of the transaction  | Sale of shares - 11 March 2025<br>Purchase of shares - 20 March 2025 |
| f) | Place of the transaction | London Stock Exchange, AIM Market (XLON)                             |

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