

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

**Notice of Full Year Results**

**LONDON, UK**, 5 June 2025, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, will announce its unaudited results for the full year ended 31 March 2025 on Tuesday 8 July 2025.

Jonathan Thomas, Chief Executive Officer and Heidi Giles, Chief Financial Officer, will host an in-person analyst briefing at 11:00am BST on the day of the results at 85 Gresham Street, London, EC2V 7NQ. 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](mailto:optimahealth@icrinc.com)

**Enquiries**

<b>Optima Health</b>	+44(0)3300085113
Jonathan Thomas, CEO	<a href="mailto:media@OptimaHealth.co.uk">media@OptimaHealth.co.uk</a>
Heidi Giles, CFO	

<b>Nominated Adviser and Corporate Broker</b>	
Panmure Liberum Limited	+44 (0)20 3100 2000
Emma Earl / Will Goode/ Mark Rogers	
Rupert Dearden	

<b>UK Financial PR Adviser</b>	<a href="mailto:optimahealth@icrinc.com">optimahealth@icrinc.com</a>
<b>ICR Healthcare</b>	
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](http://www.optimahealth.co.uk)

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 [rs@seg.com](mailto:rs@seg.com) or visit [www.rs.com](http://www.rs.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

NORFLFLTRRSIIE