

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

Notice of Annual General Meeting and posting of Annual Report

LONDON, UK 30 July 2025, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, announces that the Notice of Annual General Meeting ("AGM") together with a copy of the 2025 Annual report and accounts are being sent to shareholders today. These documents will be made available shortly on the "Investors" section of the Group's website at www.optimahealth.co.uk.

The Company intends to hold its AGM on Monday 1 September 2025 at its offices at Cornerblock, 5th Floor, 11 Quay Street, Manchester, M3 3HN, commencing at 12pm BST.

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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

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