

Optima Health plc

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

Result of Annual General Meeting

LONDON, UK 1 September 2025, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, today announces that all proposed resolutions were duly passed at its Annual General Meeting ("AGM"), held at 12pm BST, today 1 September.

The full proxy results of the AGM meeting will shortly be provided in the Investor Relations section of the Company's website at www.optimahealth.co.uk

Enquiries

Optima Health
Jonathan Thomas, CEO
Heidi Giles, CFO

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

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 Healthcare
Mary-Jane Elliott / Angela Gray / Lindsey Neville

optimahealth@icrinc.com

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 over 25 years. The Group operates across the UK and Ireland, delivering to over 5 million employees across more than 2,000 clients. For more information visit 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 ms@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

RAGUARVRVSUKRAR