

The information contained within this announcement is deemed by the Company to constitute inside information as stipulated under the Market Abuse Regulations (EU) No. 596/2014 as amended by regulation 11 of the Market Abuse (Amendment) (EU Exit) Regulations 2019/310. Upon the publication of this announcement via Regulatory Information Service, this inside information is now considered to be in the public domain.

#### **Optima Health plc**

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

#### **Half Year Trading Update**

**LONDON, UK**, 3 November 2025, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, today announces its unaudited trading update ahead of publication of the Group's results for the half year ended 30 September 2025 ("H1 26" or the "Period").

#### **Highlights**

- *Revenue for the Period of approximately £59 million; c.17% growth over H1 25 (£50.8 million) and in line with market expectations*
- *Robust balance sheet with net debt (excluding leases) of £4.7 million as at 30 September 2025*
- *Mobilisation underway on £210 million contract to deliver medical assessment services to UK Armed Forces*
- *New business annualised wins of £1.9 million (H1 25: £3.6 million) with a good pipeline of new potential opportunities*
- *Irish acquisition of Cognate Health completed and successfully rebranded as Optima Health Ireland*
- *Acquisition of Care first Employee Assistance Business completed*
- *Commenced programme to enhance our platform, further improving solutions for our customers whilst improving our margins*

Optima is pleased to report revenue for the half year of approximately £59 million (excluding approximately £2 million of Other Operating Income), in line with market expectations representing c.17% growth versus H1 25. The Group's unaudited net debt position (excluding leases) at 30 September 2025 was £4.7 million, comprised of a cash balance of £8.3 million, and £13 million of debt.

In line with the Group's strategy, Optima has made two strategic acquisitions during H1 26 to further accelerate long-term growth and continue to increase its market share, and broaden its capabilities, both in scope and geography.

Optima acquired Cognate Health Limited in Ireland for up to €9 million in April 2025. As Optima's first international acquisition, the expansion is part of the Group's broader growth strategy, positioning it to serve multinational clients with operations in both the UK and Ireland. In September 2025, Cognate was strategically rebranded as Optima Health Ireland allowing Optima to demonstrate its capacity to seamlessly deliver occupational health services across both the UK and Ireland.

In May 2025, Optima announced it had entered into an agreement to acquire Care first, a leading provider of Employee Assistance Programmes from the Priory Group for a net consideration of £15,000, which is expected to add c. £3.7 million of revenue per annum to the Group. Since completion of this acquisition in June, progress has been made in the integration of this business into the core Optima business.

The Group has commenced a programme to ensure our platform scales efficiently for the next stage of our organic and inorganic growth. This programme will include investments in technology in both clinical and operational delivery to further improve and differentiate our solutions, with the objective to drive organic growth through differentiated market leading solutions whilst reducing our operating expenditure and improving our margins.

Optima expects to report its Interim Results for the six months ended 30 September 2025 in December 2025.

**Jonathan Thomas, Chief Executive Officer of Optima Health, said:** *"We have achieved solid progress in the first half of the year, in line with our strategy, delivering growth year on year. The two strategic acquisitions that we completed in the first half have strengthened our UK footprint and marked our entry into our first international territory, expanding both our reach and capability. Looking ahead, we are confident that the quality of our solutions and platform, along with the targeted application of new technologies will enable us to capture further market share and reinforce our position as the UK's leading occupational health and wellbeing partner. Alongside this, we will maintain our disciplined approach of identifying and executing value enhancing M&A opportunities to accelerate growth. As mentioned at the full year results, the Board continue to believe we are well positioned for growth in FY 26."*

#### **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, delivering clinically led, technology-driven solutions to organisations across the public and private sectors. With a team of more than 1,600 including 800 clinicians, Optima Health supports millions of employees and operates from a network of more than 50 clinics nationwide.

In addition to its core UK market, Optima Health also operates in Ireland under Optima Health Ireland, providing occupational health services to clients nationwide.

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

TSTUUVRRVNUARUA