

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

Notice of Half Year Results

LONDON, UK, 13 November 2025, Optima Health (AIM: OPT), the UK's leading provider of technology enabled corporate health and wellbeing solutions, will announce its Half Year Results for the six months ended 30 September 2025 on Wednesday 10 December 2025.

Jonathan Thomas, Chief Executive Officer, and Heidi Giles, Chief Financial Officer, will host an in-person briefing for analysts at 11:00am GMT 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

Enquiries

Optima Health	+44(0)3300085113
Jonathan Thomas, CEO	media@OptimaHealth.co.uk
Heidi Giles, CFO	

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

UK Financial PR Adviser	optimahealth@icrinc.com
ICR Healthcare	
Mary-Jane Elliott / Angela Gray / Lindsey Neville	

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

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

NORFLFEDLVLFLIE