

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 8-K

CURRENT REPORT
Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported): June 26, 2025

CONCENTRA GROUP HOLDINGS PARENT, INC.
(Exact Name of Registrant as Specified in Its Charter)

001-42188
(Commission File Number)

Delaware
(State or Other Jurisdiction of Incorporation)

30-1006613
(I.R.S. Employer Identification No.)

5080 Spectrum Drive, Suite 1200W
Addison, TX, 75001
(Address of principal executive offices) (Zip code)

(972) 364-8000
(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- ☐ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- ☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- ☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- ☐ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, \$0.01 par value per share	CON	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter):

Emerging growth company ☐

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. ☐

Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On June 26, 2025, the Board of Directors (the “Board”) of Concentra Group Holdings Parent, Inc. (the “Company”) appointed Brigid Bonner and Vipin Gopal as directors of the Company, effective July 1, 2025. Mr. Gopal and Ms. Bonner’s terms will expire at the 2026 and 2027 Annual Meetings of Stockholders of the Company, respectively, at which time Mr. Gopal and Ms. Bonner will stand for election along with the other director nominees standing for election at that meeting. Ms. Bonner and Mr. Gopal will be eligible for compensation as non-employee directors of the Company as described under the heading “Director Compensation” in the Proxy Statement for the 2025 Annual Meeting of Stockholders of the Company filed with the U.S. Securities and Exchange Commission on March 18, 2025. There is no arrangement or understanding between Ms. Bonner or Mr. Gopal, and any other person pursuant to which they were elected as directors of the Company. Ms. Bonner and Mr. Gopal have not entered into any related party transactions with the Company that are required to be disclosed pursuant to Item 404(a) of Regulation S-K.

Item 7.01 Regulation FD Disclosure.

Attached as Exhibit 99.1 and furnished for purposes of Regulation FD is a press release issued by the Company on June 26, 2025, announcing the appointment of Ms. Bonner and Mr. Gopal to the Board of Directors of the Company.

The information in this Item 7.01 in this Current Report on Form 8-K (including Exhibit 99.1) shall not be deemed to be “filed” for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the “Exchange Act”), or otherwise subject to the liabilities of that section, nor shall it be deemed to be incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Exchange Act.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

<u>Exhibit Number</u>	<u>Description</u>
99.1	Press Release, dated June 26, 2025, announcing the appointment of Brigid Bonner and Vipin Gopal to the Board of Directors of Concentra Group Holdings Parent, Inc.
104	Cover Page Interactive Data File (embedded within the Inline XBRL document).

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

CONCENTRA GROUP HOLDINGS PARENT, INC.

Date: June 26, 2025

By: /s/ Timothy Ryan

Timothy Ryan

Executive Vice President and Chief Legal Counsel

**NEWS RELEASE****FOR IMMEDIATE RELEASE****June 26, 2025**

Contact: Lynn Craig
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Concentra Announces the Appointment Of Vipin Gopal and Brigid Bonner To Its Board Of Directors

ADDISON, Texas – June 26, 2025 — Concentra® Group Holdings Parent, Inc. (“Concentra”) (NYSE: CON), today announced the appointment of Vipin Gopal and Brigid Bonner to the Concentra Board of Directors, marking a strategic milestone for the occupational health services company.

“We are pleased to welcome Vipin Gopal and Brigid Bonner to the Concentra Board,” said Bob Ortenzio, Concentra's board chair. “As Concentra navigates growth and the opportunity to increase shareholder value, expanding the Board with two prominent health care leaders with data, technology, and business transformation expertise will prove to be a mobilizing force for the company.”

Vipin Gopal, PhD, brings over 25 years of experience successfully leading data, AI, and digital transformation of Fortune 100 companies. He is a recognized thought leader in leveraging technology to maximize business value, with broad health care industry experience gained through roles across payor, provider, pharmaceutical, and retail pharmacy organizations.

Gopal has served as the Chief Data and Analytics Officer at two major companies: *Eli Lilly and Company* and *Walgreens Boots Alliance*. In these roles, he was the enterprise executive leader responsible for driving next-generation data and AI strategy and operations across various lines of business. Previously, he was the senior vice president of analytics at *Humana* and held leadership roles at *Cigna*, *United Technologies Corporation*, and *Honeywell*.

Gopal obtained his doctorate from Carnegie Mellon University and B.Tech. from the Indian Institute of Technology (IIT), Bombay, both in engineering, and holds an MBA from the NYU Stern School of Business.

“Concentra analyzes vast amounts of health care data, empowering our clinicians by providing them with valuable insights for superior clinical decision making,” said Keith Newton, Concentra's chief executive officer. “And, with AI expected to revolutionize numerous aspects of care, Vipin will apply his deep knowledge to help provide guidance to the Concentra organization moving forward.”

Brigid Bonner is the president of Bonner Consulting, a firm focused on strategy and digital and personal transformation. She leverages her expertise to help leaders chart their course, whether in pursuit of personal life planning or organizational strategy. Her specialties include strategic planning, business development, digital transformation, consumer experience, and strategic coaching.

Bonner has over 35 years of experience as a senior executive traversing nonprofit, for-profit, start-up, and Fortune 100 organizations. Her industry expertise includes retail, technology, e-commerce, and health care. She has held senior leadership roles with *CaringBridge*, *UnitedHealth Group*, *IBM*, *Target Corporation*, *The Schwan Food Company*, and *SimonDelivers.com*.

Bonner earned her Bachelor of Science degree from Iowa State University, with a double major in journalism/advertising and industrial administration, and her Master of Business Administration degree from Harvard Business School.

“Brigid has made significant contributions to the success of many innovative, high-growth businesses in the health care industry,” continued Newton. “As the health care landscape continues to become more complex with broad trends in technology innovation at the forefront, Brigid joins the board at a most opportune time, and we welcome her contributions.”

Founded in 1979, Concentra has played a significant role in creating the workplace health industry model that exists today. Our national presence enables us to provide access to high-quality care that supports our mission to improve the health of America’s workforce. With these two new appointments, the Concentra Board of Directors expands to seven members, composed of outstanding leaders in medicine, finance, and health care organizational management. To learn more, visit www.Concentra.com.

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About Concentra

Concentra is the largest provider of occupational health services in the United States by number of locations, with the mission of improving the health of America’s workforce, one patient at a time. Our approximately 12,000 colleagues and affiliated physicians and clinicians support the delivery of an extensive suite of services, including occupational and consumer health services and other direct-to-employer care. We support the care of approximately 50,000 patients each day on average across 45 states at our 627 occupational health centers, 160 onsite health clinics at employer worksites, and Concentra Telemed as of March 31, 2025.
