
**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): April 14, 2026

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.

Chief Medical Officer Departure

On April 10, 2026, Dr. John Anderson notified Concentra Group Holdings Parent, Inc. (the “Company”) of his retirement from his position as Executive Vice President and Chief Medical Officer of the Company effective as of December 31, 2026. The Company expects to enter into a Consulting Agreement with Dr. Anderson to support the transition of his responsibilities following his retirement.

Item 7.01 Regulation FD Disclosure.

On April 14, 2026, the Company issued a press release in connection with Dr. Anderson’s retirement. A copy of the press release is attached as Exhibit 99.1 to this Current Report on Form 8-K and is incorporated by reference herein.

The information in this Item 7.01 and Exhibit 99.1 furnished hereunder shall not be deemed to be “filed” for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the “Exchange Act”), nor shall they be deemed to be incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such a filing.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Exhibit Number	Description
99.1	Concentra Group Holdings Parent, Inc.’s press release, dated April 14, 2026
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: April 14, 2026

By: /s/ Timothy Ryan
Timothy Ryan
Executive Vice President and Chief Legal Counsel

**NEWS RELEASE****FOR IMMEDIATE RELEASE**

April 14, 2026

Contact: Anna Kleiner
214-596-8735
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Concentra Chief Medical Officer Dr. Anderson to Retire After 33 Years

ADDISON, TEXAS — April 14, 2026 — Concentra Group Holdings Parent, Inc. (“Concentra,” the “Company,” “we,” “us,” or “our”) (NYSE: CON), the nation’s largest provider of occupational health services by number of locations, today announced that Dr. John Anderson, executive vice president and Chief Medical Officer (CMO), will retire from Concentra at the end of the year. Dr. Anderson plans to advise the company as part of a consulting arrangement following his planned departure. The company has initiated a formal search for Anderson’s successor.

“Dr. Anderson has been an invaluable member of the Concentra leadership team for many years and played a central role in establishing our data-driven, outcome-focused approach to delivering occupational health services that has benefited countless patients and employers,” said Keith Newton, Chief Executive Officer of Concentra. “On behalf of our board and colleagues, we thank Dr. Anderson for his leadership and lasting impact and wish him the very best in his retirement.”

Dr. Anderson joined Concentra in 1993 and has served as Chief Medical Officer since 2014. He is a Fellow of the American College of Occupational and Environmental Medicine and is board-certified in both occupational medicine and healthcare quality management. Anderson is a member of the American Osteopathic College of Occupational and Preventive Medicine, the American College of Occupational and Environmental Medicine, and the American Board of Quality Assurance and Utilization Review Physicians, as well as the American Osteopathic Association and the Michigan Occupational and Environmental Medical Association.

“As I step into retirement after thirty-three remarkable years at the company, I’m filled with deep gratitude for the privilege of serving alongside such devoted clinicians and colleagues. Together, we cared for countless patients, advanced occupational medicine, and upheld a mission that always put people first,” said Anderson. “I’m proud of what we’ve accomplished and confident Concentra’s commitment to compassionate, high-quality care will continue to thrive long into the future.”

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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 13,000 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 53,000 patients each business day on average across 47 states and the District of Columbia at our 628 occupational health centers, 411 onsite health clinics at employer worksites, and Concentra Telemed as of December 31, 2025.
