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): September 4, 2026

CONCENTRA GROUP HOLDINGS PARENT, INC.

(Exact Name of Registrant as Specified in Its Charter)

001-42188
(Commission File Number)

Delaware	**30-1006613**
(State or Other Jurisdiction of Incorporation)	(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.

As previously announced, effective November 1, 2026, (i) Matthew DiCanio, the President and Chief Financial Officer of Concentra Group Holdings Parent, Inc. (the "Company"), will serve as the Company's President and Chief Executive Officer and (ii) Keith Newton will transition from Chief Executive Officer of the Company to serve as the Executive Chairman of the Company's Board of Directors ("Board"). On September 8, 2026, the Company announced the appointment of Tanner Newton as Executive Vice President and Chief Financial Officer of the Company, effective November 1, 2026 (the "Effective Date").

Mr. T. Newton, age 34, currently serves as the Company's Senior Vice President, Strategy & Finance, a position he has held since January 2025. Prior to joining the Company, Mr. T. Newton served as a Principal at Tailwater Capital LLC, a Dallas-based private equity firm, from January 2017 to January 2025. Prior to joining Tailwater Capital LLC, Mr. T. Newton served as Investment Banking Analyst at Piper Sandler & Co., an investment bank, from July 2014 to January 2017. Mr. T. Newton holds a Master of Science in Finance from Texas A&M University and a Bachelor of Business Administration, Accounting and Business Honors from Texas A&M University.

There are no arrangements or understandings with any person pursuant to which Mr. T. Newton was appointed as the Company's Executive Vice President and Chief Financial Officer. Mr. T. Newton is the son of Mr. K. Newton, a member of the Board and the Company's current Chief Executive Officer. Other than Mr. T. Newton's existing employment with the Company, there are no transactions since the beginning of the Company's last fiscal year, or any currently proposed transactions, in which the Company was or is to be a participant and in which Mr. T. Newton or any member of Mr. T. Newton's immediate family had or will have a direct or indirect material interest that would be required to be disclosed pursuant to Item 404(a) of Regulation S-K.

The Company expects to enter into an employment agreement with Mr. T. Newton in connection with his appointment as Executive Vice President and Chief Financial Officer. The terms of such employment agreement, including Mr. T. Newton's compensation, will be disclosed in a Current Report on Form 8-K to be filed by the Company following execution of the employment agreement.

Item 7.01 Regulation FD Disclosure

The Company issued a press release on September 8, 2026, furnished as Exhibit 99.1, and incorporated herein by reference, regarding Mr. T. Newton's appointment as the Company's Executive Vice President and Chief Financial Officer.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Exhibit Number	Description
99.1	Press Release, dated as of September 8, 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: September 8, 2026

By: /s/ Timothy Ryan

Timothy Ryan

Executive Vice President and Chief Legal Counsel

Exhibit 99.1

NEWS RELEASE

FOR IMMEDIATE RELEASE
September 8, 2026

Concentra Appoints Tanner Newton Chief Financial Officer

Experienced Concentra leader brings deep knowledge of the company's strategy, financial operations and investor community

DALLAS--Concentra® (NYSE: CON), the nation's leader in occupational medicine and workforce health services, today announced that Tanner Newton, senior vice president of strategy and finance, has been appointed executive vice president and chief financial officer, effective Nov. 1, 2026.

Newton will continue to report to Matt DiCanio, Concentra's president and chief financial officer, who will become president and chief executive officer on Nov. 1, 2026. Newton will lead Concentra's finance organization, with responsibility for accounting, financial reporting, financial planning and analysis, treasury, tax, capital markets, corporate development and investor relations. His appointment is the next step in the multiyear leadership succession process previously announced by Concentra and unanimously approved by its board of directors.

"Tanner's appointment reflects the strength of Concentra's leadership bench and the thoughtful succession planning underway across the company," said DiCanio. "In his current role, Tanner is already shaping our strategy and financial priorities, and he has demonstrated sound judgment, strong financial acumen and a deep understanding of our business. He knows our people, our operations and our stakeholders, and he is well positioned to help lead Concentra through its next phase of growth."

Newton has played a key role in defining Concentra's strategy and financial priorities. His current responsibilities span corporate strategy, capital structure and allocation, real estate, treasury, procurement, corporate development, strategic pricing and investor relations. Through his active role in investor engagement, he has established relationships with many of Concentra's equity and debt holders, providing important continuity as he transitions to chief financial officer.

"Concentra has a differentiated business model, meaningful opportunities for continued growth and a highly experienced leadership team," Newton said. "I look forward to leading the finance organization and working with Matt and our colleagues to support the company's strategic initiatives, maintain financial discipline and deliver lasting value for shareholders."

Newton joined Concentra in January 2025 as senior vice president of strategy and finance. Prior to joining the company, he built a career spanning more than a decade in private equity and investment banking, including senior investment leadership roles where he partnered closely with executive management teams and boards of directors to drive growth and value creation. His experience includes leading investment underwriting and transaction execution, advising on mergers and acquisitions and capital markets activities, and supporting strategic, financial, and operational initiatives across portfolio companies. He earned a Master of Science in finance and bachelor's degrees in accounting and business honors, summa cum laude, from Texas A&M University.

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 54,000 patients each business day on average across 46 states and the District of Columbia at our 633 occupational health centers, 415 onsite health clinics at employer worksites, and Concentra Telemed as of June 30, 2026. www.Concentra.com

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