

# Carbon Reduction Plan

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## Background to document

MASTA (Medical Advisory Service for Travellers Abroad) is a specialist travel health organisation providing clinical consultation, vaccination services and travel health products to individuals travelling internationally. Operating from a network of travel health clinics across the UK and with a growing digital and e-commerce presence, MASTA provides nurse prescriber-led consultations supported by doctor oversight, with dispensing carried out by third-party pharmacy partners.

MASTA recognises that climate change has direct implications for global travel health, including the spread of vector-borne and climate-sensitive diseases. As a healthcare organisation, we have a responsibility to reduce our own environmental impact as well as to support the health of the populations we serve.

This Carbon Reduction Plan sets out our commitment to achieving Net Zero in line with the UK Government's procurement policy note PPN 06/21. Our targets are:

- Net zero direct emissions (Scope 1 and 2) by 2040
- Net zero indirect emissions (Scope 3) by 2045

This document is structured in line with the UK government template for suppliers.

## Baseline emissions footprint

Baseline emissions are a record of the greenhouse gases produced prior to the introduction of any strategies to reduce emissions. They form the reference point against which all future reductions will be measured. This is MASTA’s first baseline emissions report and Carbon Reduction Plan.

### Baseline Year: 2026/27

MASTA’s baseline was developed using the GHG Protocol Corporate Standard methodology, applying UK Government emission conversion factors for greenhouse gas company reporting. Given the nature of our operations, the most material emission sources are Scope 3, particularly cold chain logistics, courier and laboratory services, vaccine packaging and staff travel.

| EMISSIONS   | TOTAL (tCO <sub>2</sub> e)      |
|---|---------------------------------|
| Scope 1 (direct emissions: company vehicles, on-site gas)   | To be confirmed following audit |
| Scope 2 (purchased electricity)   | To be confirmed following audit |
| Scope 3 (included sources: cold chain logistics, medicines procurement, clinical waste, courier and lab services, vaccine packaging, business travel, employee commute, purchased goods and services) | To be confirmed following audit |
| Total Emissions   | To be confirmed following audit |

MASTA will complete a formal carbon audit in 2026 to quantify baseline emissions across all three scopes. This document will be updated with confirmed figures upon completion of that audit. Future Carbon Reduction Plans will report actual emissions against this baseline.

## Current emissions reporting

This is MASTA’s first Carbon Reduction Plan. Pending completion of the 2026 carbon audit, the figures below represent our current best estimates based on available operational data. These will be replaced with verified figures in our next annual report.

| Emission Source                          | Estimated Annual Activity | Notes  |
|--|---------------------------|--|
| Electricity (office and clinic premises) | Under review              | Supplier to be confirmed as renewable tariff in 2026                 |
| Cold chain and refrigeration             | Under review              | Includes vaccine storage and temperature-controlled courier services |

| Emission Source                   | Estimated Annual Activity | Notes   |
|-----------------------------------|---------------------------|---|
| Business travel (staff)           | Under review              | Mix of public transport, private vehicle and occasional rail travel |
| Courier and laboratory services   | Under review              | Third-party providers; sustainability credentials under assessment  |
| Clinical waste (including sharps) | Under review              | Reusable sharps bins in use across clinic network                   |
| Vaccine and product packaging     | Under review              | Cardboard and packaging material recycling programme in place       |
| Employee commuting                | Under review              | Dependent on clinic location mix                                    |

Upon completion of our carbon audit, MASTA will publish confirmed tCO<sub>2</sub>e figures for each scope and update this plan accordingly. We are committed to transparent and consistent annual reporting from 2026 onwards.

## Emissions reduction targets

To continue our progress toward Net Zero, we have adopted the following carbon reduction targets. As a clinical services organisation, the majority of our emissions arise from Scope 3 sources, principally cold chain logistics, medicines and consumables procurement, clinical waste management and third-party service providers. Engagement with our supply chain will be central to achieving our goals.

In the short term, we project that total carbon emissions will decrease as we transition to renewable energy, consolidate cold chain logistics and introduce greener procurement criteria. A five-year reduction trajectory will be confirmed following our 2026 baseline audit.

| Target  | Scope         | Deadline    |
|---|---------------|-------------|
| Complete baseline carbon audit and publish confirmed emissions data | 1, 2 and 3    | 2026        |
| Transition all premises to 100% renewable electricity               | Scope 2       | 2027        |
| Reduce business travel emissions by 30% against baseline            | Scope 3       | 2027        |
| Achieve net zero on Scope 1 and 2 emissions                         | Scope 1 and 2 | 2030        |
| Reduce Scope 3 cold chain and logistics emissions by 40%            | Scope 3       | 2032        |
| Full supply chain sustainability assessment completed               | Scope 3       | 2027        |
| Net zero across all scopes  | 1, 2 and 3    | 2040 / 2045 |

## Carbon reduction projects

Prior to the introduction of this plan, MASTA had already implemented a number of carbon reduction measures as part of its day-to-day clinical operations. These include the use of reusable sharps bins across our clinic network, a recycling programme for all vaccine and product packaging, and a paper-free digital records system. Building on these foundations, we will implement further measures through a Carbon Reduction Action Plan developed in 2026.

### Cold chain, medicines and clinical waste management

Cold chain refrigeration, medicines procurement and clinical waste are among the most significant emission sources specific to travel health clinic operations. Our approach covers three areas.

**Cold chain logistics.** MASTA will work with its temperature-controlled courier providers to obtain verified emissions data for all cold chain deliveries. We will preference providers who can demonstrate renewable energy use in their logistics operations and who publish measurable sustainability targets. Where volume permits, we will consolidate deliveries to reduce the total number of cold chain journeys per clinic per month.

**Medicines and consumables procurement.** We will incorporate sustainability criteria into our procurement evaluation process for medicines, vaccines and clinical consumables. This includes assessing packaging weight and recyclability, country of origin and associated transport emissions, and supplier-level carbon commitments. We will explore transitioning to suppliers who report on their own Scope 1 and 2 emissions.

**Clinical waste.** Reusable sharps bins are already in use across the MASTA clinic network, significantly reducing single-use clinical waste volumes compared to standard practice. We will extend this approach and work with our clinical waste contractor to obtain verified disposal and treatment emissions data. All vaccine packaging including cardboard outers, foil inserts and packing materials is currently separated for recycling at clinic level.

### Greener business travel

Business travel across our clinic and management team represents a controllable and measurable source of Scope 3 emissions. A formal travel hierarchy policy will be introduced in 2026 requiring virtual attendance as the default for all internal meetings and setting out written justification requirements before any air travel can be approved.

Staff will be required to log all business travel by mode and distance through a centralised system. This data will feed directly into our annual carbon reporting. We will set a year-on-year reduction target for total business travel miles and report progress publicly. Where travel is necessary, public transport will be the mandated first choice, with private vehicle use requiring prior approval and air travel reserved for exceptional circumstances only.

Financial proposals submitted to clients and commissioners will include the full cost of sustainable transport options rather than defaulting to the lowest-cost alternative, reinforcing our travel hierarchy in practice.

## **Greener courier and laboratory service providers**

MASTA relies on a network of courier providers for cold chain medicine deliveries and laboratory services for travel health diagnostics. We will introduce a Greener Supplier Assessment framework requiring all courier and laboratory partners to provide emissions data or evidence of equivalent sustainability commitments as a condition of contract renewal from 2026 onwards.

Where two or more providers offer comparable service quality and price, preference will be given to the provider with the stronger verified sustainability credentials. We will move away from spend-based emissions estimates for these providers toward supplier-reported figures as soon as this data becomes available.

## **Vaccine and product packaging recycling**

Vaccine and pharmaceutical packaging accounts for a material volume of waste across our clinic network. MASTA has an established recycling programme for cardboard, foil and outer packaging materials at clinic level. We will formalise this programme in 2026 by introducing standardised recycling station specifications for each clinic, staff guidance on packaging separation, and quarterly monitoring of recycling rates by volume.

We will also engage with our principal vaccine suppliers to understand their own packaging reduction commitments and to explore options for bulk packaging or reduced packaging formats where these are clinically appropriate.

## **Energy and premises**

MASTA will transition all clinic and office premises to electricity supplied under a verified renewable energy tariff by end of 2026. An energy efficiency review of all premises will be completed in 2026, covering heating, lighting, refrigeration and equipment standby consumption. Any equipment replacement will prioritise the highest available energy efficiency rating.

## **Other greener business practices**

MASTA already operates as a largely paper-free organisation, with digital records, e-signatures, cloud-based workflows and electronic invoicing in place across the business. We will build on this foundation by introducing formal accountability mechanisms, including a designated Sustainability Champion responsible for tracking progress against this plan and reporting to the Senior Leadership Team on a quarterly basis.

Staff sustainability awareness will be integrated into induction and annual appraisal processes from 2026. Progress against our targets will be shared with staff, clients and commissioning partners in our annual Carbon Reduction Report, to be published each year from 2026.

## Declaration and Sign Off

This Carbon Reduction Plan has been completed in accordance with PPN 06/21 and associated guidance and reporting standard for Carbon Reduction Plans.

Emissions have been reported and recorded in accordance with the published reporting standard for Carbon Reduction Plans and the GHG Reporting Protocol corporate standard and use the appropriate Government emission conversion factors for greenhouse gas company reporting.

Scope 1 and Scope 2 emissions have been reported in accordance with SECR requirements, and the required subset of Scope 3 emissions have been reported in accordance with the published reporting standard for Carbon Reduction Plans and the Corporate Value Chain (Scope 3) Standard.

This Carbon Reduction Plan has been reviewed and signed off by the board of directors (or equivalent management body).

**Signed on behalf of MASTA:**



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[Andrew Lewis]  
[CEO], MASTA  
Date: 28 April 2026

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GHG Protocol Corporate Standard: <https://ghgprotocol.org/corporate-standard>

Government conversion factors: <https://www.gov.uk/government/collections/government-conversion-factors-for-company-reporting>

Scope 3 Standard: <https://ghgprotocol.org/standards/scope-3-standard>