

Measures and results of health management

Consolidating the foundation for health management

Health seminars for executive management

To consolidate the foundation for health management, we held health seminars for executive management and all the other managers to have them realize the impact made by health management and the importance of workplace activities. The events drew 709 participants, with the satisfaction rate being 93.2%. Of the participants, 69% said that they had not known about health management, but their understanding rate reached 100% after the seminars.

Measurement of employees' awareness level and health literacy

As part of health management, we make various efforts toward enhancing employees' health literacy. In fiscal year 2022, we began to measure all employees' awareness level of our health policy and their health literacy. Currently, 48% of the employees have high-level health literacy.

Holding training for practitioners

To enable each group company to promote health management tailored to its own corporate culture, we organized a training program for health promotion representatives from each group company.



Introduction of a health app

To help employees enhance their health literacy, we introduced an ICT-based app, through which incentives are provided, in fiscal year 2022 in cooperation with the health insurance society. The app is used by 35.2% of our employees. Utilizing the app, we distribute health information and organize various health-related events, such as those involving the measurement of walking distances or body weights. The app is also used for checking health checkup results and vaccination records.



Smartphone app