

Item		Classification	FY2021	FY2022	FY2023	Target (FY2025)
Regular health checkup	Regular health checkup rate(%)	All	100	100	100	100
	Implementation rate of physician interviews / consultation status check for high-risk employees(%) Blood glucose, blood pressure, Hb (from FY 2021) *1	All	86.5	99.2	100	100
	Blood pressure: abnormal findings rate(%) Systolic blood pressure \geq 140mmHg or Diastolic blood pressure \geq 90mmHg; or undergoing treatment of high blood pressure	Men	18.1	18.1	16.8	—
		Women	10.7	11.2	11.6	—
	Blood glucose: abnormal findings rate(%) HbA1c \geq 6.5% or undergoing treatment of diabetes	Men	4.5	4.5	4.9	—
		Women	2.1	2.2	2.4	—
	Lipid: abnormal findings rate(%) Neutral lipid \geq 150mg/dl or LDL cholesterol \geq 140 mg/dl or HDL cholesterol < 40 mg/dl or undergoing treatment of dyslipidemia	Men	41.8	41.3	42.4	—
		Women	28.3	27.6	28.3	—
	Anemia: abnormal findings rate(%) Hb \leq 12.0	Women	15.1	16.5	17.1	—
Lifestyles	Percentage of individuals with insufficient rest from sleep(%)	Men	29.6	30.7	29.2	30
		Women	34.6	37.5	38.2	
	Percentage of individuals who habitually missed breakfast(%)	Men	30.8	32.0	29.8	20
		Women	24.7	25.7	24.0	
	Percentage of individuals without exercise habits(%)	Men	69.3	68.1	60.1	80
		Women	85.4	85.1	79.3	
	Number of participants in health events (persons) (wellness fairs, walking events, seminars, etc.)	All	1,399	3,510	5,186	5,000

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Smoking	Smoking rate(%)	Men	24.8	24.3	23.2	5 (FY2030)
		Women	16.0	15.5	14.9	
	Success rate among smoking cessation program participants(%) (percentage of participants who successfully quit smoking)	All	79.3	71.4	74.6	Maintained at least 70%
Literacy	Percentage of employees concerned about their health(%)※2	All	94.8	94.4	95.5	97
Behavior change	Percentage of behavior change stages above the implementation stage(%)	All	21.4	20.9	20.8	23
Mental health	Percentage of individuals who conducted stress checks(%)	All	80.7	78.2	82.8	90
	Aggregate results of stress checks (percentage of high-stress persons(%))	All	12.4	13.9	13.3	10.0
	Number of participants in mental health training (persons) (e-learning)	All	9,779	9,703	15,000	13,000
Women's health	Number of participants in training on women's health (persons)	All	8,898 ※6	9,873 ※6	8,555	13,000
	Number of participants in training on cancer (persons)	All			14,068	13,000
Productivity	Productivity loss rate due to presenteeism(%)※3	All	35.8	34.4	40.6	34
	Absenteeism※4	All	—	100 (Base year)	100	95
	Work engagement(%)※5	All	—	60	60	— ※7

*1 Interview implementation rate is described for FY 2021 and before. From FY 2022, it includes consultation status check, etc.

*2 Percentage of respondents who responded with "yes" to the question "Are you concerned about your health?" (As a result of data analysis, the definition is changed from that used last year.)

*3 Presenteeism survey of the WHO Health and Work Performance Questionnaire Short Form

*4 In order to grasp more actual state, days of paid vacations after the request of long absences from work as well as the number of days of absences from work are added to the counting target, and accordingly, the base year is changed from 2021 to 2022.

*5 Willis Towers Watson's employee engagement survey (through FY2019) Qualtrics survey (from FY2022); Contents are significantly changed.

*6 Figures for FY2021 and FY2022 represent the number of participants in seminar training on both cancer and women's health.

*7 Because the survey years are not decided according to the new survey design Because the survey years are not decided according to the new survey design