

Item		Classification	FY 2020	FY 2021	FY 2022	Target (FY 2025)
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	60.6%	86.5%	99.2%	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	18.4%	18.1%	18.1%	—
		Women	10.5%	10.7%	11.2%	
	Blood glucose: abnormal findings rate HbA1c \geq 6.5% or undergoing treatment of diabetes	Men	4.7%	4.5%	4.5%	—
		Women	1.9%	2.1%	2.2%	
	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	41.7%	41.8%	41.3%	—
Women		28.1%	28.3%	27.6%		
Anemia: abnormal findings rate Hb \leq 12.0	Women	14.7%	15.1%	16.5%	—	
Lifestyles	Percentage of individuals with insufficient rest from sleep	All	30.8%	33.6%	36.1%	30%
	Percentage of individuals who habitually missed breakfast	All	25.2%	26.0%	27.0%	20%
	Percentage of individuals who habitually have supper within 2 hours before going to bed three times a week or more	All	26.9%	27.4%	29.5%	27%
	Percentage of individuals without exercise habits	All	82.7%	82.2%	81.6%	80%
	Number of participants in health events (health fairs, walking events, seminars, etc.)	All	617 people	1,399 people	3,510 people	FY 2020: 2,000 people FY 2025: 5,000 people *Revised: FY 2023

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Smoking	Smoking rate	Men	26.3%	24.8%	24.3%	5% (FY 2030)
		Women	17.2%	16.0%	15.5%	
	Success rate among smoking cessation program participants (percentage of participants who successfully quit smoking)	All	70.0%	79.3%	71.4%	Maintained at least 70%
Literacy	Percentage of employees concerned about their health ^{*2}	All	95.3%	94.8%	94.4%	97%
Behavior change	Percentage of behavior change stages above the implementation stage	All	21.9%	21.4%	20.9%	23%
Mental health	Percentage of individuals who conducted stress checks	All	73.4%	80.7%	78.2%	90%
	Aggregate results of stress checks (percentage of high-stress persons)	All	10.3%	12.4%	13.9%	10.0%
	Number of participants in mental health training (e-learning)	All	11,040 people	9,779 people	9,703 people	13,000 people
Women's health	Number of participants in training on cancer and women's health	All	11,746 people	8,898 people	9,873 people	13,000 people
Productivity	Productivity loss rate due to presenteeism ^{*3}	All	35.8%	35.8%	34.4%	34%
	Absenteeism ^{*4}	All	—	—	100 (Base year)	95
	Work engagement ^{*5}	All	—	—	60 points (Base year)	— ^{*6}

^{*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} Because the survey years are not decided according to the new survey design.