



November 5, 2023

Y4.com

Otaru City's National Health Insurance Specific Health Guidance adopts "Vital Gain!"
~ Developing innovative health guidance services utilizing ICT equipment ~

The health management app "Vital Gain," which improves the quality of Specific Health Guidance, becomes the new standard for health support.

Y4.com Co., Ltd. (Headquarters: Chiyoda-ku, Tokyo, CEO: Yukinao Ajima, hereinafter referred to as Y4.com) has been awarded the contract for the fiscal year 2023 to provide Specific Health Guidance services utilizing ICT devices for the National Health Insurance of Otaru City.

【Background】

The results of specific health examinations have stratified individuals who are eligible for specific health guidance and are in a state of high risk for lifestyle-related diseases due to the accumulation of visceral fat. There was an urgent need for support to help these individuals review their lifestyles, set and implement action goals for improvement, and continue such changes. In this service, to support people who are busy with their daily lives and work and find it difficult to secure time to participate in specific health guidance, the smartphone app "Vital Gain" is used to make health management simple and enjoyable to continue, assisting in the improvement of lifestyle habits.

"Vital Gain" is an app that continuously monitors users' health data and provides personalized advice aimed at improving their lifestyle habits. Citizens receiving specific health guidance can easily record their activity levels, diet, and sleep patterns using this app, and professional health advisors will provide more specific and effective guidance based on this data.

Implementation Period: From November 6, 2023 to March 31, 2024

Content: Specific health guidance utilizing the health management app "Vital Gain"

Target Individuals: Those who, based on the results of their specific health examinations, fall under the criteria for "Active Support" or "Motivational Support" as determined by national standards following stratification.

[Company Profile of Y4.com Co.,Ltd.]

[Location] Otemachi First Square East Tower 4F, 1-5-1 Otemachi, Chiyoda-ku, Tokyo

[Established] April 2012

President and CEO Yukinao Ajima

[Business Activities] Healthcare services, import and sales of IoT devices

[URL] <https://y-4.jp/>

Y4.com, the provider of "Vital Gain," is a company at the forefront of health information technology, driving innovation. They offer a platform that enables health guidance tailored to individual needs. The company's apps and devices have seen increasing use in the fields of health promotion and preventive healthcare.



Inquiries Regarding This Matter

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