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株式会社 Y4.com

Vital Gain Releases Mental Health Alert Feature to Protect Mental Well-being

Y4.com, Inc. (Headquartered in Chiyoda Ward, Tokyo, CEO: Yukinao Ajima) has released a mental health alert feature for its 'Vital Gain' app. This service screens mental health status based on results from mental health questionnaires and vital data obtained from wearables. Depending on the mental state, alerts are sent out. For individual optimization, a baseline biometric for each user is established. When a certain threshold is exceeded, an alert is sent, and users can access online consultations with qualified mental health professionals.

■ Background

Vital Gain introduces a mental health alert feature to manage not only physical health but also mental well-being. By facilitating self-awareness about mental health, which can be difficult to recognize on one's own, this feature supports the pursuit of a healthy lifestyle both mentally and physically.

■ Service Features

Users respond to a mental health questionnaire, and if any abnormalities in mental state are detected based on the results, an alert is sent to them. The mental health questionnaire includes basic information such as age, gender, and occupation, as well as responses to more than 10 items. Based on the results of the questionnaire, users are categorized into different levels as follows.

0-7点: 初期スクリーニング階層

・日常的なストレスや軽度の不安を経験しているが、日常生活に大きな支障はない。

8-15点: 基本サポート階層

・不安やストレスが定期的に生活に影響を与えているが、機能には重大な障害はない。

16-23点: アクティブ介入階層

・不安や抑うつが機能に顕著な影響を与えており、定期的なサポートやカウンセリングが必要。

24-31点: 専門的介入階層

・重度のメンタルヘルスの症状を経験しており、専門的な介入や治療が必要。

32-36点: 危機管理階層

・高度な心理的苦痛や自傷行為、自殺念慮がある。緊急のサポートや危機介入が必要。

■ Overview of the Vital Gain Service

"Vital Gain" is a health management app that tracks and collects vital data through multi-device integration. It measures steps, heart rate, and sleep, and depending on the device's features, it provides immediate insight into daily health status including energy balance of intake and expenditure, respiratory rate during sleep, blood oxygen level, skin temperature, and skin pressure.

Vital Gain features a wealth of behavior change functions, including a dashboard for visualizing over 50 types of data, various contests with gamification elements, incentives for behavior change, advice based on lifestyle logs, as well as community, feed, and Zoom's online features. These vital data can be provided in a variety of ways to meet the needs of businesses and local governments, making it a valuable tool for efforts to extend healthy life expectancy.

Moving forward, by integrating IoT with healthcare, we aim to extend healthy lifespans, control medical expenses, and focus on disease prevention. Through 'Vital Gain', we will innovate individual health management and concentrate on providing sustainable healthcare solutions

【Y4.com Co.,Ltd. Overview】

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[Established] April 2012

[Representative] CEO Yukinao Ajima

[Business Description] Healthcare Services Business, Import and Sale of IoT Devices Business

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