



February 27, 2024

Y4.com Co.,Ltd

Contracted for the Reiwa 6 Fiscal Year Osaki City ICT Device Utilization Type Health Guidance (Split Implementation) Services

~ Launching the health management app "Vital Gain" for specific health guidance ~

Y4.com Corporation (Headquarters: Chiyoda, Tokyo, CEO: Yukinao Ajima, hereafter Y4.com) has been entrusted with the ICT Device Utilization Type Health Guidance Services for the specific health guidance tasks of the National Health Insurance in Osaki City for the fiscal year Reiwa 6, continuing from last year.

Objective

The health guidance services utilizing ICT devices in Osaki City are implemented with the following three main objectives. Firstly, to support individuals under the age of 39, who are at high risk of metabolic syndrome, and find it difficult to participate in continuous health guidance due to employment or living in remote areas.

This support involves the use of dedicated applications linked with wearable devices through smartphones or computers for automatic recording of dietary intake and physical activity. Additionally, wearable devices enable real-time monitoring of daily steps, sleep quality, and heart rate to aid in health management. These data serve as foundational information for understanding individual health conditions and receiving customized health guidance.

Secondly, for individuals over 40 who are busy, a program combining ICT and wearable devices is offered. This includes exercise plans, suggestions for nutritionally balanced meals, and advice for improving sleep, enabling health management tailored to each individual's lifestyle rhythm.

Lastly, for those who are repeaters of specific health guidance (Tokutei Hoken) but have difficulty participating, we make it easier for them to engage in split implementation during group health examinations.

Through these three objectives, the aim is to maximize the effectiveness of specific health guidance and improve participation rates.

Implementation Period: April 1, 2024 to March 28, 2025

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

Target Participants: Individuals classified based on the results of specific health check-ups according to national standards, who meet the criteria for "motivational support" and "proactive support."

【Y4.com Co.,Ltd. Overview】

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

[Established] April 2012

[Representative] CEO Yukinao Ajima

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

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

We will continue to develop business ventures that integrate IoT with healthcare, aiming to extend healthy life expectancy, reduce medical costs, and achieve disease prevention.



〈Inquiries Regarding This Matter〉

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