

Fiscal 2024 Specific measures and results

Priority Areas	Measures	Number of participants (views of re-broadcast)	Participation rate ^{*1}	Satisfaction ^{*2}
Health Support	1. Walking event	32teams (approximately 450 people)	10.5%	-
	2. Caregiving Seminar	507 people	11.8%	3.9
	3. Seminar on the Concept of "Food as Medicine"	485 people	11.3%	4.1
	4. Exercise Seminar (Yoga Event)	127 people	3.0%	3.9
	5. Male Menopause Seminar	473 people	11.0%	4.1
	6. Female Menopause Seminar and Workshop	a) Seminar:357 people b) Workshop:25 people	8.3%	a) 4.3 b) 4.5
	7. Exercise Seminar (Strength Training)	The 1st:124 people The 2nd:123 people	5.7%	4.2
	8. Sleep Seminar	304 people	7.1%	4.2
	9. Challenge Walk	912 people	28.4%	-
	10. Sleep Challenge	738 people	24.8%	-
	11. TO-DO Challenge	1,444 people	42.6%	-
	12. Weight Measurement Challenge	893 people	22.2%	-
	13. Let's Keep a Daily Record!	722 people	21.7%	-

Creating Safe and Secure Workplaces	1. Employee Support Content: Speak Up × Harassment Prevention Training [Basic Edition]	638 times	14.8%	-
	2. Employee Support Content: Speak Up × Harassment Prevention Training [Basic Edition] (30-minute Version)	213 times	5.0%	-
	3. Manager Support Content: [About Sexual Harassment] Video Distribution	124 times	24.8%	-
	4. Manager Support Content: [About Maternity, Paternity, and Caregiving Harassment] Video Distribution	567 times	113.4%	-
Work Style Reform	1. Manager Support Content: [Work Style Reform - Practical Labor Management] Video Distribution	151 times	30%	-

*¹ Calculated based on the total number of employees in Japan at the time of implementation/Manager support content is calculated based on the total number of managers at the time of implementation.

*² Satisfaction is measured using a 5-point scale.