

Press Release

Science-Based Fitness Service, Fit-eNce[®]

- *Advance application acceptance starting today,
service scheduled to launch on September 1* -

TOKYO, August 24, 2020 - Astellas Pharma Inc. (Tokyo, President and CEO: Kenji Yasukawa, Ph.D., “Astellas”) announced today that it will start accepting advance applications and taking reservations for its exercise support service Fit-eNce^{®1}, which encourages continuous implementation of science-based exercise programs². The service is planned to be offered in limited areas from September 1 through fitness clubs in Kanagawa Prefecture.

Exercise therapy is reported to be beneficial as a treatment for various diseases including type 2 diabetes. However, it is often difficult for physicians to offer specific guidance on exercise therapy or to be aware of all of the exercises that a patient performs. Meanwhile, it is difficult for patients to know which exercise programs are appropriate and to maintain the motivation to exercise, which brings challenges in starting and continuing exercise. Fit-eNce[®] is a new exercise support service designed to resolve these issues by helping patients to continuously implement science-based exercise programs under the guidance of physicians.

With this service, patients who have been referred to the service by a physician submit an application to enroll in the service through a dedicated smartphone app and receive physician approval for use of the service. Patients then register with the affiliated fitness club to begin exercising. At the fitness club, trainers will suggest a lineup of exercises tailored to the patient’s physical condition (age, muscular strength, physical strength, etc.) , on the basis of science-based exercise programs that combine aerobic exercise with resistance exercise (repetitive exercises that exert resistance on target muscles) for the patient to perform. Patients will be able to share their exercise records with their physician through the smartphone app, and physicians will be able to check their patients’ frequency of fitness club use, exercise history, and goal achievement on a dedicated website. By using this website to check on their patients’ daily exercise status and enhancing communication, it allows the physicians to support patients in continuing to exercise.

Fit-eNce[®] is created with aims to generate and provide evidence-based healthcare solutions through the integration of medicine and exercise as a part of Astellas’ Rx+[®]

Business³. Astellas will continue to strive towards the realization of a society where appropriate exercise is practiced and people can live true to themselves, healthy in both mind and body.

(1) **Fit-eNce**[®]: For more information, please visit <https://fit-ence.com/about>.

(2) **Science-Based Exercise Programs**: This is an exercise programs developed by Astellas in collaboration with the City of Yokohama and Yokohama City University. Clinical application for improving blood glucose control in patients with type 2 diabetes has been confirmed in a medical and health research conducted in Japan (an exercise intervention study with a control group).

(3) **Rx+[®] business**: A business that leverages the expertise and knowledge of Astellas, which has been cultivated through its prescription drug (Rx) business, integrates innovative medical technology with cutting-edge technology in different fields, contributes to patients through Patient Journey (overall medical care, including diagnostic, preventive, therapeutic, and prognostic care), and creates new revenue streams separate from Astellas' core Rx products.

For more information, please visit <https://www.astellas.com/en/partnering/rx-plus>

About Affiliate fitness clubs

Please visit <https://fit-ence.com/about>.

About Astellas

Astellas Pharma Inc. is a pharmaceutical company conducting business in more than 70 countries around the world. We are promoting the Focus Area Approach that is designed to identify opportunities for the continuous creation of new drugs to address diseases with high unmet medical needs by focusing on Biology and Modality. Furthermore, we are also looking beyond our foundational Rx focus to create Rx+[®] healthcare solutions combine our expertise and knowledge with cutting-edge technology in different fields of external partners. Through these efforts, Astellas stands on the forefront of healthcare change to turn innovative science into value for patients. For more information, please visit our website at <https://www.astellas.com/en>

Cautionary Notes

In this press release, statements made with respect to current plans, estimates, strategies and beliefs and other statements that are not historical facts are forward-looking statements about the future performance of Astellas. These statements are based on management's current assumptions and beliefs in light of the information currently available to it and involve known and unknown risks and uncertainties. A number of factors could cause actual results to differ materially from those discussed in the forward-looking statements. Such factors include, but are not limited to: (i) changes in general economic conditions and in laws and regulations, relating to pharmaceutical markets, (ii) currency exchange rate fluctuations, (iii) delays in new product launches, (iv) the inability of Astellas to market existing and new products effectively, (v) the inability of Astellas to continue to effectively research and develop products accepted by customers in highly competitive markets, and (vi) infringements of Astellas' intellectual property rights by third parties. Information about pharmaceutical products (including products currently in development) which is included in this press release is not intended to constitute an advertisement or medical advice.

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