



Press Release

Science-based Exercise at Home with Fit-eNce Home™ Pilot Sales Begins Today

TOKYO , September 21, 2021 - Astellas Pharma Inc. (TSE: 4503, President and CEO: Kenji Yasukawa, Ph.D., "Astellas") today announced that it has begun the pilot sales of an exercise support service, Fit-eNce Home™, designed under the supervision of NESTA JAPAN Inc. (President and Representative Director: Reki Higashiyama, "NESTA JAPAN") , to support people in performing science-based exercise programs*1 at home.

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 therapies or to be aware of all of the exercises that a patient performs. Meanwhile, it is also difficult for patients to know what exercise programs are appropriate for them and to maintain the motivation to exercise, bringing challenges in starting and continuing exercise. In addition, since the spread of COVID-19 has reduced opportunities for exercise due to various changes in living environments, such as restrictions on going out and the permeation of remote work, maintaining and improving the frequency and quantity of exercise is considered an issue.

Fit-eNce Home™ is a new exercise support service expected to solve these problems. It is designed to enable patients to continuously implement science-based exercise programs at home under the guidance of physicians. The exercise program provided by this service was developed, under the supervision of NESTA JAPAN, to be as frequent, intensive, and quantitative as the Fit-eNce®*2 exercise program, which was verified in medical and health research to be useful in improving the blood glucose control of type 2 diabetes patients.

Patients who have been referred to the service by a physician submit an application to enroll in it through a dedicated smartphone app and receive physician's approval for use of the service. Exercise programs consist of aerobic exercise and resistance exercise (repetitive exercises that exert resistance on target muscles). The aerobic exercises are performed using dedicated videos and heart rate meters, while the resistance exercises are performed using training tubes. Through online personal

training, patients can receive advice from sports trainers on how to set the intensity and perform specific activities that fit their individual physical strength. Through a smartphone app, patients can share their exercise records with their physicians. Physicians can check the exercise records of their patients on a dedicated system and use it to monitor their patients' daily exercise and communicate with them, supporting them in continuing to exercise. Physicians can register with Fit-eNce[®] Healthcare Professional Website*³.

Fit-eNce[®], an exercise support service to continually implement science-based exercise programs in fitness clubs, remains to be offered only in Kanagawa prefecture.

Fit-eNce[®] and Fit-eNce Home[™] were created with the aim of generating and providing evidence-based healthcare solutions through the integration of medicine and exercise as a part of Astellas' Rx+[®] Business*⁴. 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: Science-Based Exercise Programs**

An exercise program developed by Astellas in collaboration with the City of Yokohama and Yokohama City University. Clinical utility of this exercise program in 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).

***2: Fit-eNce[®]**

An exercise support service that regularly conducts science-based exercise programs at fitness clubs with the approval of physicians. Sports trainers will create exercise programs suited to each person and will continue to support exercising at the fitness club. Exercise records can be easily registered with a dedicated smartphone app, and record data can be shared with sports trainers and physicians. For more information, please visit <https://fit-ence.com/>

***3: Fit-eNce[®] Healthcare Professional Website**

Physicians can check the contents of the service and brochure, request explanations online or on the telephone, and registration as a physician (free of charge) to use the service. For more information, please visit <https://dr.fit-ence.com/>

***4: 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 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 that 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>.

About NESTA JAPAN Inc.

NESTA (National Exercise and Sports Trainers Association) is a certification organization for personal fitness trainers based in California, USA. NESTA has been educating trainers and fitness professionals since 1992 as a trainer training organization selected by the U.S. government. NESTA has been certifying trainers and fitness professionals since 1992, and currently has instructors and trainers with NESTA certifications working in 80 countries around the world. In Japan, NESTA began certifying trainers in 2007, and currently has about 75,000 NESTA members supporting the Japanese fitness industry. In addition to the NESTA PFT certification, which is a global standard for trainers, NESTA has developed educational programs for major fitness clubs and supervised popular video games, and continues to provide all kinds of means and opportunities for people to value and realize "mental and physical health."

Cautionary Notes (Astellas)

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 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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