

Fiscal 2023 Specific measures and results

Priority Areas	Measures	Date and Time	Number of participants (views of re-broadcast)	Participation rate ^{*1}
Health Support	1. Walking event	April 17th - May 21st, 2023	37 teams (3 or more people per team)	-
	2. How to receive effective counseling	May 12, 2023	441 people	8.8%
	3. Seminar on male menopause	May 23, 2023	532 people	10.6%
	4. Women's Health Seminar "Tips for living a brighter life stage by managing PMS/PMDD ^{*2} "	September 12, 2023	325 people (517 views)	16.8%
	5. YARUKOTO Challenge ^{*3}	September 11, 2023 - November 10, 2023	2,267 people	45.3%
	6. Sleep toughness seminar	November 10, 2023 November 17, 2023	475 people	9.5%
	7. Lifestyle disease prevention seminar: "Don't take it lightly! Fatty liver - Quick tips on diet and exercise"	October 18, 2023	439 people (680 views)	8.7%
	8. Weight Measurement Challenge	December 18, 2023 - January 14, 2024	995 people	31.2%.
	9. Keep daily weight and step count records!	February 19, 2024 – March 17, 2024	691 people	22.1%
	10. Guidebook for balancing cancer treatment and work	February 2024~	-	-
Creating Safe and	1. What is sexual harassment? (e-learning content)	November 1, 2022 - May 12, 2023	767 times	15.3%

Secure Workplaces	2. Sexual minorities and harassment (e-learning content)	November 1, 2022 - May 12, 2023	703 times	14.1%
	3. Manager support content [About sexual harassment] Video distribution	From July 6, 2023	73 times	14.5%
	4. Manager support content [About maternity harassment, paternity harassment, and care harassment] Video distribution	From November 30, 2023	243 times	48.1%
Work Style Reform	1. Manager support content [Work style reform_Labor management practice] Video distribution	From July 6, 2023	106 times	30.0%
	2. Video distribution of manager support content [Labor management practice: Annual upper limit of statutory overtime hours and how to check it]	From November 30, 2023	353 times	70.0%

*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 PMS/PTSD: premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD)

*3 YARUKOTO Challenge is a challenge in which participants decide what they will do from the categories of eating, exercising, drinking, smoking, sleeping, and brushing their teeth, record it, and receive points when they achieve the conditions.