

(Priority Measures)

Content	Details
1. Prevention of lifestyle-related diseases	<ul style="list-style-type: none">• Regular physical exams and follow-ups• Promotion of specific health guidance• Promotion of prevention education and awareness activities• Spousal medical examinations
2. Cancer prevention	<ul style="list-style-type: none">• Promotion of gynecological examinations• All types of cancer screenings
3. Promotion of mental health and well-being	<ul style="list-style-type: none">• Professional advice through expert consulting• Implementation of stress checks and workplace improvements• Education about self-care and caring for staff in the workplace• Expansion of support staff for workplace improvement• Community activities (trial of cognitive behavioral therapy)
4. Smoking prevention	<ul style="list-style-type: none">• Thorough prevention of secondhand smoking• Education to stop smoking• Implementation of related events
5. Improvement of workplace environments and health awareness	<ul style="list-style-type: none">• Work-style reform and prevention of long working hours• Promotion of workplace communication• Promotion of nutrition education, improvement of cafeterias, food x ICT• Use of ICT health support tools