

# <Strategies MAP for Physical Health>

## Health Investment

- Promote corporate well-being
- Promote employee health
- Creating comfortable work environment
- Establishment and expansion of disease consultation desks
- Promoting health incooperation with Nissan Health Insurance Union

- Share info and study issues/develop measures regularly
- Develop internal talent who promotes corporate wellbeing
- Mental Health Training/education Health maintenance and promotion activities
- Holding events to improve diet and establish exercise habits (using apps)
- Publicizing and implementing infection control measures
- Expansion of telecommuting system
- Creating comfortable work environment (Work-life balance support,
- Workload control measures, WLB support systems
- Start counseling (Improve patients' health literacy, ease anxieties.)
- Recommendations for gynecological examinations and cancer screenings
- Giving medical checkup legally required (Health guidance, specific health guidance, and recommendations for medical examinations)
- Efforts to prevent illness or progress of illness
- Address increasing obesity cases
- Support for quitting smoking

## Effect of investment

Health Promotion and Disease prevention Indicator	Internal awareness and action change indicator	Ultimate goal of health investment
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Number of corporate wellbeing meetings held	Increase employees participating in health promotion events	<p><b>Increase the number of employees without findings in annual health checkups</b></p> <ul style="list-style-type: none"> <li>To enhance work engagement</li> <li>To enhance health literacy</li> <li>To reduce presenteeism</li> <li>To reduce absenteeism</li> </ul>
Event participation rate/health app. registration rate, Visualize health promotion effort. External/internal HP publication rate	Health survey (To assess the level of satisfaction, health awareness, and action induced by awareness)	
Implementation rate of physical health training, health education, and health maintenance and promotion activities	Increase employees maintaining healthy habits (Diet/sleep/exercise)	
Attendance rate	Decrease in the proportion of employees at high risk for lifestyle-related diseases	
Build WLB support measures and regularly review the measures	Reducing overtime work and improving work-life balance	
Overtime work follow-up rate	WLB support up Promoting a good working environment Improving customer satisfaction at the consultation desk	
Consulting service used (%)	Increased rates of early detection, early treatment, and early consultation with specialists	
Legal health check-up attendance rate Rate of receiving detailed examination Non-statutory health checkup attendance rate Gynecological examination attendance rate Cancer screening attendance rate Number of specific health guidance and number of people who have completed health guidance Number of people recommended to see a doctor Rate of implementation of lifestyle improvement activities for those targeted Obesity rate Smoking rate		

## Issues to be addressed for Corporate Wellbeing

**Create a working environment where each employee can fully demonstrate their abilities and experience personal growth through their work.**