



February 6, 2025
Yamato Holdings Co., Ltd.
Alfresa Holdings Corporation

Establishment of a New Company That Will Provide Online Healthcare Services for Health Management and the Prevention of Serious Illnesses for Employees of Road Haulage Operators

Yamato Holdings Co., Ltd. (head office: Chuo-ku, Tokyo; Representative Director and President: Yutaka Nagao; hereinafter “Yamato Holdings”) and Alfresa Corporation (head office: Chiyoda-ku, Tokyo; Representative Director & President: Yusuke Fukujin; hereinafter “Alfresa”), a subsidiary of Alfresa Holdings Corporation (head office: Chiyoda-ku, Tokyo; Representative Director & President: Ryuji Arakawa) have established a new company, MY MEDICA Inc., to provide services for health management and the prevention of serious illnesses for employees of road haulage operators, which will begin offering services on Friday, February 7, 2025.



MY MEDICA in use

1. Background and Purpose

Compared to other industries, those working in the road haulage industry are at greater risk of developing health issues, as they tend to work longer hours, and individuals over 50 account for

around half of the workforce^{*1}. Additionally, as lifestyle diseases such as hypertension and type 2 diabetes often have no noticeable symptoms, there is a risk that they will go untreated or worsen if treatment is discontinued. From June 2021, accidents caused by drivers who have failed to undergo medical checkups are subject to administrative penalties,^{*2} making the health management of employees a key management issue for road haulage operators.

Yamato Transport Co., Ltd. (head office: Chuo-ku, Tokyo; Representative Director and President: Yutaka Nagao) and Alfresa established the Pharmaceuticals Distribution Research Group in 2019, and have since been working on building a new network for the distribution of pharmaceuticals. In the process, the Group has come to believe that creating an environment where consumers can easily receive medical care that fits around their lifestyles could be an effective measure to promote early treatment and prevent the worsening of conditions among those who have not yet received treatment or have discontinued treatment, which led to the development of online healthcare services.

Yamato Holdings and Alfresa are pleased to announce the establishment of MY MEDICA Inc. and the launch of the MY MEDICA service, which will provide services for managing the health of and preventing serious illnesses for employees of road haulage operators beginning Friday, February 7, 2025.

^{*1} Ministry of Economy, Trade and Industry: The Current Circumstances Surrounding Logistics and Related Initiatives
https://www.meti.go.jp/shingikai/sankoshin/shomu_ryutsu/distribution/pdf/001_01_00.pdf (Japanese only)

^{*2} Ministry of Land, Infrastructure, Transport and Tourism: Measures to Prevent Health-Related Accidents in the Road Haulage Industry
https://www.mlit.go.jp/jidosha/anzen/03safety/resourse/data/seminar2022_001.pdf (Japanese only)

2. Overview of Service

Service name	MY MEDICA
Service start date	Friday, February 7, 2025
Details of service	<p>By simply downloading the application, users can seamlessly make appointments, receive medical treatment, receive guidance on medication, have their medication delivered, and pay their medical bills online.</p> <p>We also provide support such as guidance on repeat medical checkups, compiling the results of medical checkups, and visualizing the status of medical checkups.</p>

Benefits	<p><u>Employer</u></p> <ul style="list-style-type: none"> ● Can manage health of employees and prevent serious illnesses ● Reduced risk of health-related accidents ● Reduced administrative burden associated with repeat medical checkups ● Improvement of employee welfare system
	<p><u>User</u></p> <ul style="list-style-type: none"> ● Can receive medical consultations and guidance on medication in as little as 10 minutes ● Can receive consultations that fit around their work and lifestyles, as the service is available from 7 a.m. to 9 p.m.,* including on Saturdays and Sundays ● Can have their medication delivered to a location of their preference, including to their home or workplace ● Can continue treatment with ease <p>* Consultations may occasionally be unavailable during service hours</p>



How to use MY MEDICA

Reference: Service details

Website: <https://www.mymedica.jp/> (Japanese only)

3. Company Overview

Company name	MY MEDICA Inc.
Address	1-3 Tokiwa-cho, Naka-ku, Yokohama-shi, Kanagawa 231-0014
Capital	¥495 million
Established	Wednesday, December 12, 2024
Representative	Tadashi Ito, Representative Director & President
Business details	<ul style="list-style-type: none">● Provision of healthcare and health information and other related healthcare services● Operation of pharmacies
Shareholders	Yamato Holdings Co., Ltd. Alfresa Corporation
Corporate website	https://corporate.mymedica.jp/ (Japanese only)

4. Comments from the Representative Director and President of Each Company

Yutaka Nagao, Representative Director and President, Yamato Holdings Co., Ltd.

As a logistics company that operates on public roads, we believe that we need to work on preventing accidents caused by health issues and managing the health of our employees. We have developed MY MEDICA with the support of our partners. Following a trial run within the Yamato Group from December 2023, we have seen positive results, including a 98% reexamination rate for medical checkups, an 80% treatment continuation rate for those who started treatment using MY MEDICA, and a total of over 10,000 consultations, with around 1,000 people using the service each month. Reducing the risk of accidents caused by health problems is an issue that all road haulage operators must address. Through the MY MEDICA project, we will work together with our partners to address the health issues facing the industry.

Yusuke Fukujin, Representative Director & President, Alfresa Corporation

The corporate medical checkup system is an excellent system in which the employer takes responsibility for the health management of its employees. However, if there are no appropriate follow-ups, such as reexaminations or recommendations to see a doctor, the system will not be able to fully demonstrate its effectiveness and protect the health of employees. MY MEDICA supports companies that are committed to managing the health of their employees, and we are working to improve access to medical care by making use of online healthcare services so that those who are too busy to see a doctor do not miss out on the care they need. As a management strategy for companies in a super-aged society, investing in the health of employees is a rational choice, and we want to make MY MEDICA a tool that combines human capital and health management that supports

the growth of companies by enabling them to make the most of the contributions of healthy, highly motivated employees.

Contact

Inquiries

For corporate stakeholders

MY MEDICA Corporate Website

Inquiry form: <https://corporate.mymedica.jp/contact> (Japanese only)

Press inquiries

Corporate Communications, Yamato Transport Co., Ltd. TEL: +81-3-3541-4141

Corporate Communication Department, Alfresa Holdings Corporation

Reference

Press release regarding the establishment of the Pharmaceuticals Distribution Research Group by Alfresa Corporation and Yamato Transport Co., Ltd.

(January, 16, 2019)

<https://ssl4.eir-parts.net/doc/2784/tdnet/1663381/00.pdf> (Japanese only)