



July 25, 2025  
Healthcare Network  
MY MEDICA Inc.

## Healthcare Network and MY MEDICA Sign Partnership Agreement

Aiming to reduce health-related accidents among trucking companies

Healthcare Network (President: Hiroshi Takeda; hereinafter "OCHIS"), a non-profit organization that provides health support services to trucking companies, and MY MEDICA Inc. (Headquarters: Yokohama-shi, Kanagawa; Representative Director and President: Tadashi Ito), subsidiary of Yamato Holdings Co., Ltd. (Headquarters: Chuo-ku, Tokyo; Representative Director and President: Yutaka Nagao) and provider of online healthcare services, hereby announce that they have signed a partnership agreement as of July 25, 2025. Going forward, the two companies will hold joint seminars and integrate their systems to help reduce health-related accidents among trucking companies.

### ■ Background

OCHIS was one of the first in Japan to launch a project to combat sleep apnea syndrome (SAS) for trucking companies, and is promoting health and safety measures in cooperation with the Ministry of Land, Infrastructure, Transport and Tourism, trucking industry organizations, and trucking companies. OCHIS is also engaged in various projects to prevent health-related accidents, including the production of its Manual for Prevention of Health-related Accidents for Trucking Companies provided by the Japan Trucking Association (President: Yoichi Teraoka) and the commissioning of the Transportation Healthcare Navigation System® for data management of health checkup results, etc.

MY MEDICA is a service, launched in February 2025, that allows road haulage operators to manage the health of their employees and prevent serious illnesses by providing seamless online access to medical appointments, medical care, medication instruction, medication delivery, and payment. Currently, this service is in use by more than 50 companies in the truck, taxi, and bus industries.

### ■ Future Initiatives

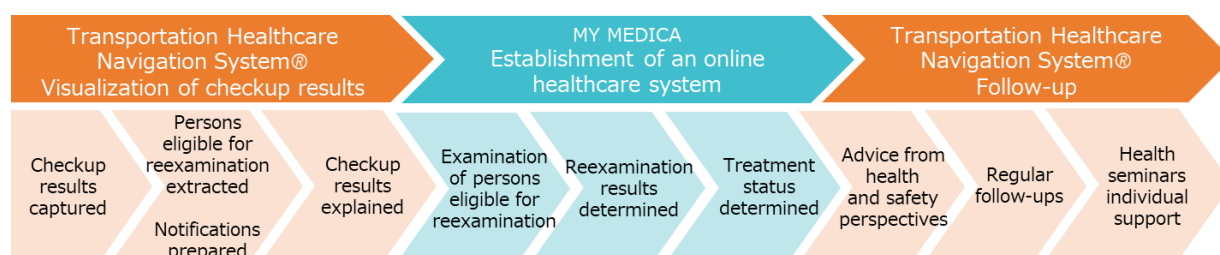
#### 1. Joint seminars and mutual visitor referral

The two companies will hold joint seminars on reducing health-related accidents among trucking companies during 2025, and actively conduct awareness-raising activities to reduce health-related accidents. In addition, each company will refer customers to the other, contributing to centralized management of health checkup results data of trucking companies and improvement of reexamination rates.

#### 2. System integration

By November 2025, system input/output formats for the Transportation Healthcare Navigation System® and MY MEDICA will be unified to make data integration smoother. This will not only allow for extracting data on persons eligible for reexamination, but also for the integrated

management of reexamination progress, thereby contributing to reduced workloads related to post-health checkup reexaminations for trucking companies.



## Contact

For corporate stakeholders:

Healthcare Network

URL: <https://www.ochis-net.jp/contact>

MY MEDICA Inc. contact form (Japanese only)

URL: <https://corporate.mymedica.jp/contact>

Press inquiries:

Healthcare Network TEL: +81-6-6965-3666

Corporate Communications Strategy, Yamato Holdings Co., Ltd.

TEL: +81-3-3541-4141

## Reference

Organization name	Healthcare Network (OCHIS)
Address	Osaka Office Osaka Prefectural Truck General Hall 3F, 2-11-2 Shiginonishi, Joto-ku, Osaka-shi 536-0014, Japan
Established	February 06, 2003
Representative	Hiroshi Takeda, President
Business lines	<ul style="list-style-type: none"> <li>• Sleep apnea syndrome (SAS) countermeasure business</li> <li>• Health support business (follow-up business for regular health checkups, seminars, health consultations, etc.)</li> </ul>
Website	<a href="https://www.ochis-net.jp/">https://www.ochis-net.jp/</a>

Company name	MY MEDICA Inc.
Location	1-3 Tokiwa-cho, Naka-ku, Yokohama-shi, Kanagawa 231-0014
Capital	¥495 million

Established	December 12, 2024
Representative	Tadashi Ito, Representative Director and President
Business lines	<ul style="list-style-type: none"> <li>• Provision of healthcare and health information and other related healthcare services</li> <li>• Operation of pharmacies, etc.</li> </ul>
Shareholders	Yamato Holdings Co., Ltd. Alfresa Corporation
Website	<a href="https://corporate.mymedica.jp/">https://corporate.mymedica.jp/</a>