



NEWS RELEASE

March 23, 2026

MY MEDICA Inc.

MY MEDICA Launches New Features Reducing HR Workload for Health Checkup Reexaminations and Boosting Examination Rates

Shortening digitization of checkup results, identification of potential reexaminees, and online checkups to one day

MY MEDICA Inc. (Head Office: 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), hereby announces that it has begun offering new features on March 23, 2026, that allow contracted clients and their employees to complete the entire process from automatic determination of the need for reexamination to online checkups via a single app.



2026.3.23 START

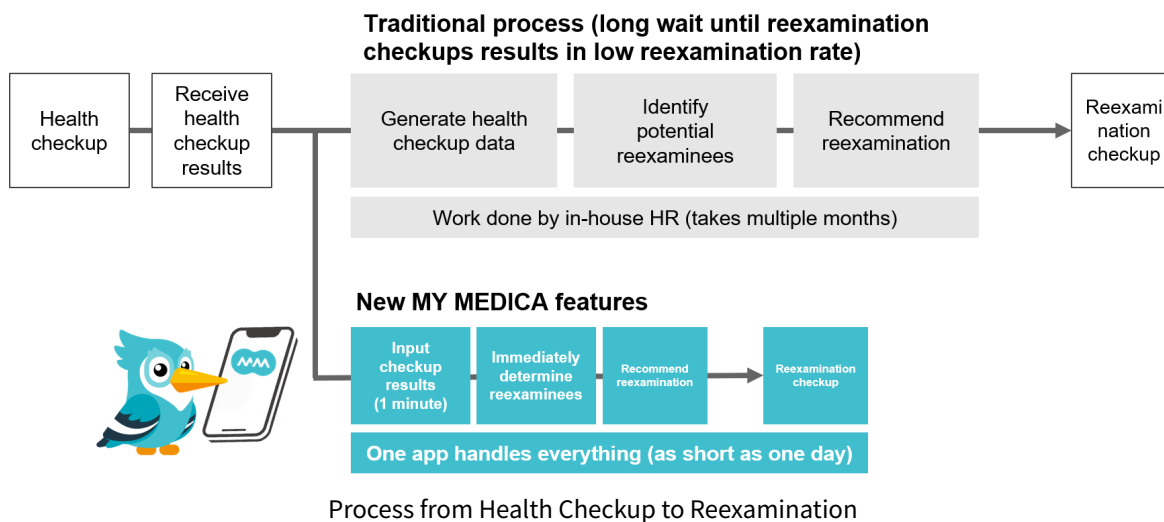
Handles everything from automatic reexamination need determination to online checkup in a single app



After distributing health checkup results to employees, many companies' HR personnel spend several months handling everything from digitizing these results to identifying potential reexaminees, recommending checkups, and managing progress. By introducing these new

features, MY MEDICA aims to reduce the workload of HR personnel and shorten processes that previously took several months to as little as one day, accelerating checkup recommendations and thereby boosting examination rates.

■ Overview of New Features



1. One app handles everything from automatically determining reexaminees to online checkups

Employees simply enter key items such as blood pressure, blood sugar, and body fat from their health checkup results into the app, which automatically determines the need for reexamination and creates digital data for those eligible for reexamination. If reexamination is necessary, employees can receive online checkups via the app.

2. Checkup recommendations via automatic push notifications

Automatically sends push notifications to remind employees to enter their health checkup results and encourages examination based on progress.

3. Administration panel allows tracking of employees' progress in health checkups and reexamination

Administrators can use a dedicated panel on the app to check the input status of employees' health checkup results and reexamination status at a glance. Administration records are also available to administrator accounts at each of the company's business sites, not just the head office, making it possible to practice health management on a workplace-by-workplace basis.

■ Background

Generally, the more time that passes after health checkup results are received, the lower the rate of

reexamination. In MY MEDICA's experience providing its unique MY MEDICA* service, it has become evident that it takes from several months to more than six months from the time employees receive their health checkup results until their employer recommends they undergo reexamination. Additionally, client companies incorporating MY MEDICA services have voiced concerns, including that it takes time to digitize and manage health checkup results and the complications involved in creating lists of employees for reexamination. MY MEDICA believes addressing these needs will lead to a reduction in the workload of HR personnel and an increase in the rate of reexaminations, a belief that has led to the launch of these new features.

* A patent application is in progress for a unique business process and system that integrates online medical services with offline reporting, seamlessly completing follow-up actions after health checkups.

Contact

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MY MEDICA Inc. contact form (Japanese only)

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Reference



(1) Input of health checkup results



(2) Automatic determination of reexamination need

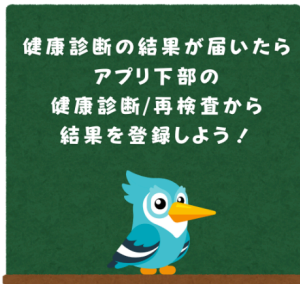


(3) Recommendation of checkup



(4) Online checkup

Sample app screens



Sample messages from automated push notifications

再検査	所属コード	社員番号	氏名	再検査状況	健康診断受診日	再検査完了日
○	101	0001	山田太郎	未受診	2025/09/19	—
	101	0002	山田太郎	該当なし	2025/09/19	該当なし
○	101	0003	山田太郎	未受診	2025/09/19	—
	101	0004	山田太郎	完了	2025/09/19	2025/09/19

Sample administration screen