NEWS RELEASE

September 25, 2026

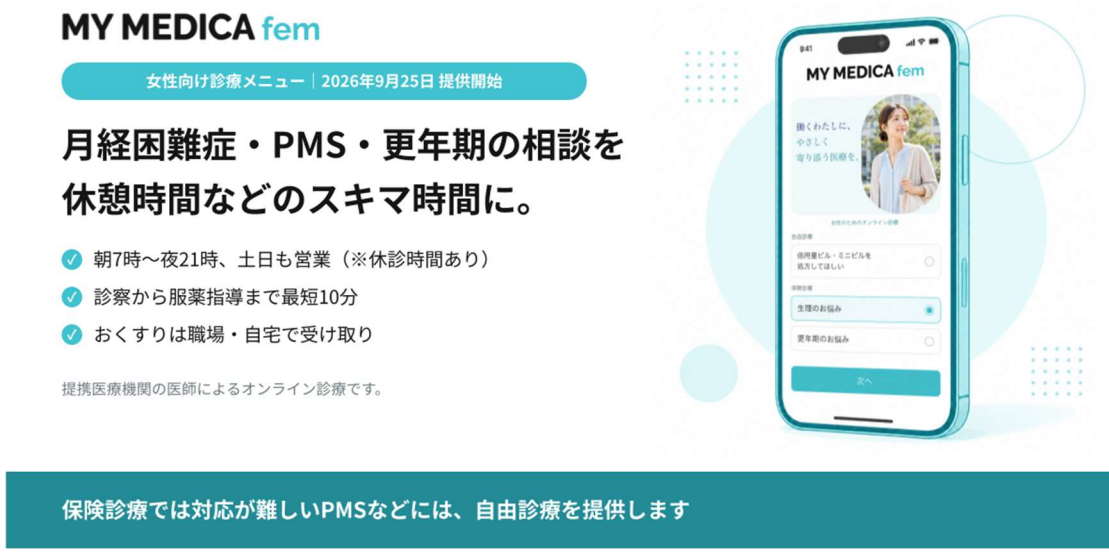
MY MEDICA Inc.

Launch of "MY MEDICA fem," a Healthcare Menu for Women Addressing Health Issues of Working Women

Supporting the balancing of work and medical treatment for dysmenorrhea, PMS, menopause, and other conditions

MY MEDICA Inc. (Headquarters: Yokohama-shi, Kanagawa; Representative Director and President: Tadashi Ito; hereinafter "MY MEDICA"), a subsidiary of Yamato Holdings Co., Ltd. (Headquarters: Chuo-ku, Tokyo; Representative Director and President: Toshiyuki Sakurai), announces that it will begin offering "MY MEDICA fem," a healthcare menu for women addressing health issues of working women, within the online healthcare app "MY MEDICA" starting Friday, September 25, 2026.

"MY MEDICA fem" focuses primarily on insured medical care while also covering non-insured (self-pay) care, providing medical consultations for women-specific conditions such as dysmenorrhea, premenstrual syndrome (PMS), irregular menstruation, and menopausal disorders. By adding this new menu to its existing services aimed at preventing the aggravation of lifestyle-related diseases, MY MEDICA supports working women in balancing their work and medical treatment.



According to the Ministry of Economy, Trade and Industry (METI), economic losses—including labor loss due to women-specific health issues such as menstrual symptoms, menopausal symptoms, gynecological cancers, and fertility treatment—total approximately 3.4 trillion yen annually across society as a whole. In addition, while approximately 70% of female employees feel that "there is insufficient support regarding health and physical condition," companies also face challenges such as "not knowing what kind of support to provide" and "difficulty in discussing these issues with the employees concerned"*1. Furthermore, employees working in shifts often find it difficult to adjust their schedules; even if they experience symptoms, they cannot take time during the day to visit a clinic, or they face psychological barriers to visiting a gynecology clinic, resulting in many cases where they continue working without receiving medical care.

The online healthcare service "MY MEDICA," launched in February 2025, has supported the health management of employees of motor carriers, who tend to face health risks due to long working hours and other factors. Since the launch of the service, MY MEDICA has received many inquiries regarding introduction not only from motor carriers, but also from companies in industries with a high proportion of shift work and a high female employment ratio, such as medical/nursing care and retail/service. Believing that addressing these needs will lead to improved performance of working women and the promotion of health and productivity management, MY MEDICA has decided to launch this new menu.

*1 Ministry of Economy, Trade and Industry: Estimated Economic Losses Due to Health Issues Specific to Women and the Necessity of Health and Productivity Management (February 2024)
URL:https://www.meti.go.jp/policy/mono_info_service/healthcare/downloadfiles/jyosei_keizaisonshitsu.pdf（In Japanese only）

■ Service Overview

Service name	Healthcare menu for women "MY MEDICA fem"
Launch date	Friday, September 25, 2026
Target	Contracted companies of "MY MEDICA" and their employees and families, as well as other individuals
Covered conditions/symptoms	Dysmenorrhea, premenstrual syndrome (PMS), irregular menstruation, menopausal disorders
Medical consultation hours	7:00 a.m. to 9:00 p.m., open on Saturdays and Sundays (*with some closing hours)

■Features of Service

- From making appointments on the "MY MEDICA" app to online medical consultations by doctors of partner medical institutions, online medication instruction by pharmacists, and prescription delivery to home, everything is completed via smartphone.
- Supports prescriptions for low-dose pills and mini-pills.
- For menopausal disorders, treatment is primarily provided through insured medical care, such as Japanese herbal medicine (Kampo).
- For contracted companies, existing health management features—such as automatic determination of reexamination need by entering health checkup results, automatic checkup recommendations via push notifications, and tracking examination status via administration panels—will continue to be provided alongside the new menu.

■Policy for Provision

Regarding online medical care, the manner of offering non-insured (self-pay) medical services driven by advertisements has become a social issue. MY MEDICA adheres to the principles it has maintained while focusing on the prevention of serious lifestyle-related diseases through insured medical care, and will provide services under the female-focused menu according to the following policy:

1. Medical treatments covered by insurance will never be offered as non-insured (self-pay) care.
2. All prescriptions will originate from the examination and judgment of a doctor at a partner medical institution. MY MEDICA will not recommend the use of specific pharmaceuticals.
3. We will not create demand for medical consultations through advertising; service provision will fundamentally be conducted through contracted companies.
4. We will not provide services conditioned on continuous subscription without doctor consultations, such as automated recurring purchases.

■Future Outlook

Moving forward, in addition to the prevention of serious lifestyle-related diseases, MY MEDICA will consider developing healthcare menus that contribute to improving the overall performance of working people, as well as developing features that enhance operational efficiency for human resources departments of contracted companies.

Contact

For corporate stakeholders:

MY MEDICA Inc. contact form

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

Press inquiries:

Corporate Communications Strategy, Yamato Holdings Co., Ltd.

TEL: +81-3-3541-4141

Reference

< Company Overview>

Company name	MY MEDICA Inc.
Location	1-3 Tokiwa-cho, Naka-ku, Yokohama-shi, Kanagawa 231-0014
Capital	495 million yen
Established	December 12, 2024
Representative	Tadashi Ito, Representative Director and President
Business lines	● Provision of healthcare and health information and other related healthcare services ● Operation of pharmacies, etc.
Corporate website	https://corporate.mymedica.jp/