

E-learning

As of September 30, 2026

Implementation Period	Contents	Completion Rate
Oct 2026	E-learning① : Lifestyle-Related Disease Prevention (Nutrition, Metabolic Syndrome Prevention, Sleep)	Data being compiled
Oct 2026	E-learning② : Improving Work Performance (Eye Health, Stiff Shoulders and Low Back Pain, Headaches)	Data being compiled
Oct 2026	E-learning③ : Mental Health (Alcohol Dependence, Mental Health)	Data being compiled
Oct 2026	E-learning④ : Disease Prevention (Cancer, Hay Fever, Infectious Diseases, Oral and Dental Health)	Data being compiled
Oct 2026	E-learning⑤ : Maintaining Physical Function (Exercise, Menopause, Fall Prevention)	Data being compiled
Sep 2026	Childcare: Managing Employees Taking Paternity Leave (for Managers)	45.6%
Sep 2026	Childcare: Supporting Employees in Balancing Work and Childcare	42.1%
Sep 2026	Family Care: Supporting Employees in Balancing Work and Family Care (for Managers)	53.2%
Sep 2026	Family Care: Supporting Employees in Balancing Work and Family Care	51.7%
Jul 2026	Women's Health	46.0%
May 2026	Tips for Improving Eating Habits	49.8%
Feb 2025	Hay Fever	39.2%
Sep 2024	Childcare: Key Points for Balancing Childcare and Work	34.4%
Aug 2024	Infectious Diseases	43.2%
May 2024	Healthy Eating	53.5%
Apr 2024	Health Promotion Course 2 (Migraine; Eye Health, including Eye Strain and Dry Eye; Oral and Dental Health)	40.3%