

Better Health

Health Portal Site for Individuals



Guide for Initial Registration

Our health insurance association has established MY HEALTH WEB, health portal site for individuals, as a tool that supports your healthy life and enables bidirectional communication. Please make the most of this tool.

To the insured employees and
their dependent spouses of
Takeda Health Insurance Society

**The user registration
will start from
January 15, 2024.**

The operation will start from April 2024. (Starting with notification of annual medical expenses on January 15 ahead of the full-scale operation)

– KENPOS will end its services in June. Please register with MY HEALTH WEB. –

To use this tool, the initial user registration and setting of a password are necessary.
Register now for your health management!

Please see the details starting from the next page.

Please contact the following if you have any questions including the operation method.

MY HEALTH WEB help desk TEL:03-5213-4467 (9:00-17:00 on weekdays)

Takeda Health Insurance Society

Established on January 15, 2024

Target users Insured employees and their dependent spouses of Takeda Health Insurance Society (including voluntarily continued insured persons)

Main contents available on MY HEALTH WEB

PC screen



App screen



The linked site is only available in Japanese.

From January 2024

年間医療費のお知らせ

You can see the details of the medical expenses you paid at the medical institutions. You can output PDF and print it or download and save it.



健康情報

You can see various kinds of health information - exercise videos of athletes and celebrities, recipes of managerial dieticians and food researchers, etc.

From April 2024



健診結果

You can see the past results of health checkup. Also, the results of each item over the past few years are shown in a graph.



歩数 / 体重等のバイタル登録

The vital health data (weight, blood pressure, and number of steps) are shown in an easy-to-see graph by category. You can also set the goal.



MYメール

You can check the notification mail for each user. The number of unopened messages will be shown with a badge.



We will accept the application for influenza vaccination in FY 2024 on MY HEALTH WEB. So, please make sure to register.

Two-factor authentication is used.

Security code for access to confidential information

You can access the following after logging in with ID and password.

- MYポイント
- MYダイアリー
- MYメール
- 健康情報
- MYミッション
- 新着情報
- MYバイタル

After log-in with ID and password You can access the following by entering a security code.

- 健診結果
- 年間医療費のお知らせ
- 医療費と給付金支給額のお知らせ



* You need to request the issuance of security code. Please see the top of page 8 for details.

Exchange accumulated points for items!

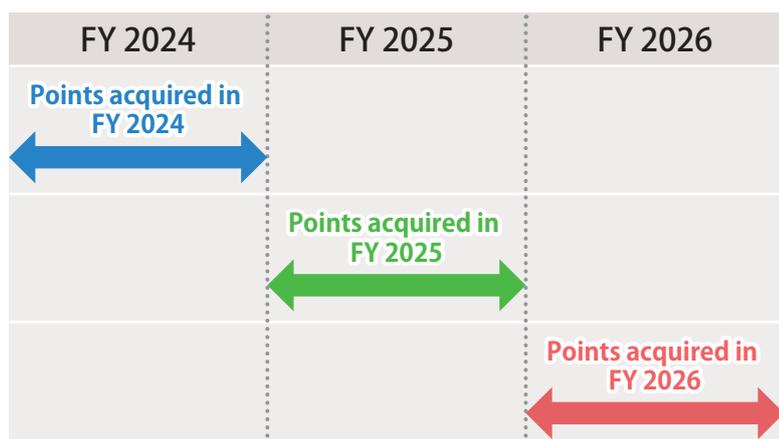
You can acquire points by accessing MY HEALTH WEB or registering vital health data. You can exchange points for items according to the number of points you acquire.

Let's register, access every day, and make it help your health management.

Conditions of acquiring points in FY2024

Details	Target	Condition	Limit	Number of points
Initial log-in	Insured employee/dependent spouse	The point is acquired at the initial log-in.	First time only	5,000
Dice rolling at the time of log-in	Insured employee/dependent spouse	After dice rolling at the time of log-in, you can get points to the roll.	Once/day	1 - 6
Vital registration	Insured employee/dependent spouse	You can get the point at the time of vital registration (weight, blood pressure, number of steps, etc.)	Once/day	10
Behavior goal (mission) record	Insured employee/dependent spouse	You can get the point by recording a behavior goal.	Once/day	5
Participation award	Insured employee/dependent spouse	You can get the point every year if you register with MY HEALTH WEB as of April 1.	Once/year	1,000
Health checkup (1)-1 In FY 2024	Limited to dependent spouse (no age limit)	You can get the point when your dependent spouse undergoes health checkup. *The point may be granted in FY 2025. (It usually takes about 3-6 months after the date of health checkup.)	Once/year	2,000
Health checkup (1)-2 Consecutive in FY 2024 and 2025	Limited to dependent spouse (no age limit)	If your dependent spouse undergoes health checkup 2 consecutive years in FY 2024 and 2025, you can get the point for FY 2025. *The point may be granted in FY 2026. (It usually takes about 3-6 months after the date of health checkup.)	Once/year	10,000
Health checkup (2) Checkup at part-time workplaces, etc.	Limited to dependent spouse (≥ 40 years old)	If you submit the results of health checkup of your dependent spouse at the part-time workplace, etc., you can get the point.	Once/year	2,000

The expiration date of points is **the end of the financial year (end of March)** when they were obtained. Please check with the figure below.



How to register with MY HEALTH WEB for the first time

– PC –

The linked site is only available in Japanese.

1 Access MY HEALTH WEB

Please access the dedicated site.
<https://takeda-kenpo.mhweb.jp/>

* There is a banner on the website of the health insurance association.
<https://takeda-kenpo.or.jp/>



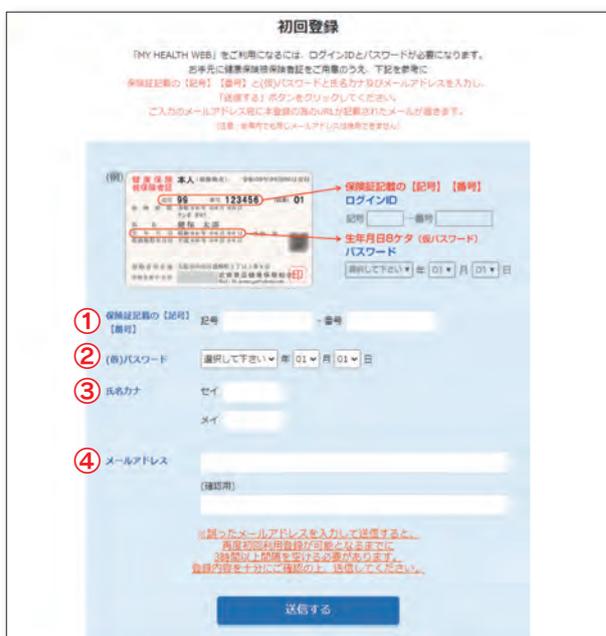
2 Provisional registration (registration of basic information)

Click “Here for initial registration” on the log-in screen.

[Essential input items]

- ① **Log-in ID:** Code and number of the insurance card
- ② **Provisional password:** Date of birth (in the Western calendar) (8-digit)
- ③ **Name:** *katakana* (second name/first name)
- ④ **Email address:** (URL for definitive registration will be sent to the registered email address.)

- * One password is issued for one person.
- * You will need to enter your personal information. Please register your personal email address instead of email address that is shared with a few people such as people at the workplace or your family.
- * If you set “receive settings,” please make the setting to receive emails from info@mhweb.jp and noreply@mhweb-entry.jp. If you cannot receive the mails after the setting, please use another email address such as Gmail. (See page 8.)



3 Definitive registration (setting of password)

Click the URL delivered to the registered email address for definitive registration.

The registration will be completed after entering any new password in “新しいパスワード”

- * Register a password of “8-16 letters” using one letter each of “half-width number,” “uppercase English letter,” and “lowercase English letter.” You cannot use “symbols.”
- Also, please avoid using a character string of date of birth or phone number that can be easily speculated by others.

4 Log in MY HEALTH WEB

The log-in screen will be shown. So, log in by entering “ID” and “パスワード” .

If you forgot your password after the definitive registration, click “パスワードを 忘れた方はこちら” at the bottom of the log-in screen.

You can change your password or email address from “各種設定” at the right top after log-in.



How to complete initial registration with MY HEALTH WEB

– Smartphone –

The linked site is only available in Japanese.

1 Download the MY HEALTH WEB app for smartphone (free).

With iPhone, search for MY HEALTH WEB app manually in App Store and download it. With Android, search for MY HEALTH WEB app manually in Google Play and download it.

- * Please read the 2D barcode from the right or manually search for the app.
- * Initial setting is necessary for each terminal.
- * You can use the app with multiple terminals such as a smartphone and tablet.
(The setting of ② is necessary for each terminal.)

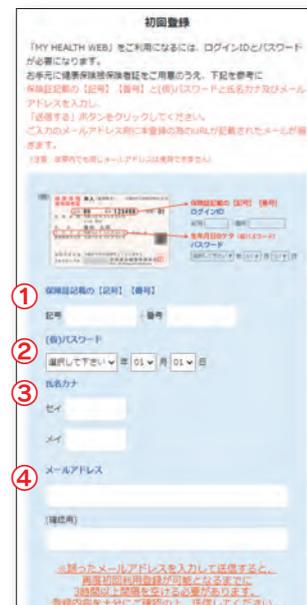


2 Provisional registration (registration of basic information) [If you have registered with PC, it is unnecessary.]

After downloading the app, start it and enter the insurer No. (06270680) on the first screen. Enter the below according to the guide in the next screen.

- ① **Log-in ID:** Code-Number of the insurance card
- ② **Provisional password:** Date of birth (in the Western calendar) (8-digit)
- ③ **Name:** *katakana* (second name/first name)
- ④ **Email address:**
(URL for definitive registration will be sent to the registered email address.)

- * One password is issued for one person.
- * You will need to enter your personal information. Please register your personal email address instead of email address that is shared with a few people such as people at the workplace or your family.
- * If you set "receive settings," please make the setting to receive email from info@mhweb.jp and noreply@mhweb-entry.jp.
If you cannot receive the mails after the setting, please use another email address such as Gmail. (See page 8.)

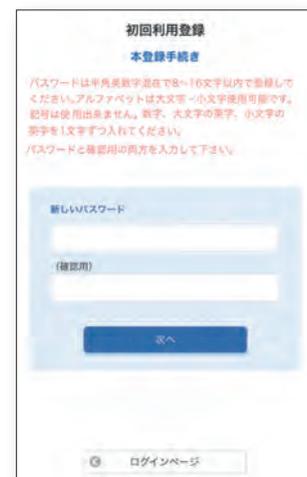


3 Definitive registration (setting of password) [If you have registered with PC, it is unnecessary.]

Click the URL for definitive registration delivered to the registered email address.

The registration will be completed after entering any new password in “新しいパスワード”

- * Register a password of “8-16 letters” using one letter each of “half-width number,” “uppercase English letter,” and “lowercase English letter.” You cannot use “symbols.”
Also, please avoid using a character string of date of birth or phone number that can be easily speculated by others.



4 Log-in MY HEALTH WEB

The log-in screen will be shown. So, log in by entering “ID” and パスワード.

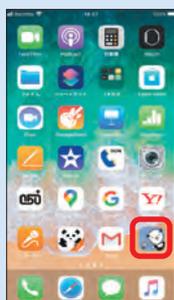
If you forgot your password after the definitive registration, click “パスワードを忘れた方はこちら” at the bottom of the log-in screen.

You can change your password or email address from “各種設定” at the right top after log-in.

< How to set easy log-in >

If you use a smartphone, you can omit the entry of “Log-in ID” and “Password” and easily log in in the site after the definitive registration.

① Start MY HEALTH WEB app.



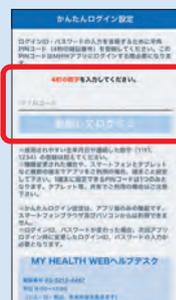
② Choose “かんたんログイン設定はこちら”



③ Enter “Log-in ID (see pages 4-5)” and “Password (see pages 4-5)” and choose “Next.”



④ Set 4-digit PIN code and choose “登録してログイン”



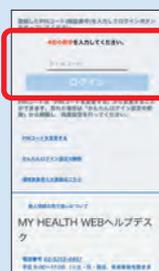
⑤ You can move to TOP page.



* From the 2nd log-in, you can log in by entering the 4-digit PIN code.



① Start MY HEALTH WEB app.



② Enter the 4-digit PIN Code.



③ You can move to TOP page.

Setting of app notification & linkage of healthcare app and vital data

When you set the notification of MY HEALTH WEB app, you can receive the update of the health information or information from the health insurance society with push notification.

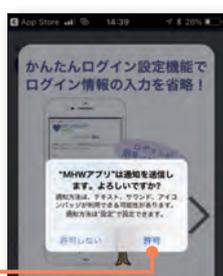
If your smartphone has a pedometer, the measured number of steps or moving distance is linked. The data will be imported and recorded in MY vital after starting MY HEALTH WEB app.



Notification setting

< iPhone >  “Healthcare”

When you start the app for the first time, the dialogue of notification setting will be shown.



If you permit the notification, click “Permit.”

< Android >  “Google Fit”

With Android, the initial setting of notification is already ON. You can change this setting from “Settings” of the terminal.

- Addition of MY vital registration items -
 Weight, BMI, percent body fat, abdominal circumference, blood pressure, body temperature, exercising hours, sleeping hours, number of floors climbed
 * The body weight and blood pressure can be linked with Healthcare app or Google Fit!

Linkage of vital data

You can record and update your healthcare data such as number of steps and blood pressure recorded in your smartphone for up to 30 days in “MYバイタル” The records will be recorded and updated at any given time.

iPhone

* If you have already been using MHW app, please start “Healthcare” app and do the processes from ⑦.

- ① Install “MHW app.”
- ② After installing, start “MHW app.”
- ③ Enter [Insurer No. 06270680] on the insurance card and transmit.
- ④ The dialogue for notification setting will be shown. Do the setting if you want.
- ⑤ Set “Easy log-in” according to the directions on the screen.
- ⑥ After setting “Easy log-in,” if you choose “Log in after registration,” the dialogue for completion of setting will be shown. Choose “To MY page.”
- ⑦ “Healthcare” app will be automatically started. After choosing “ON for all category” or “ON for all” etc., choose “Permit” (it is not shown depending on the model).
- ⑧ The linkage setting with the “Healthcare” app is completed, and the healthcare data will be acquired.



Android

< When using the app for the first time >

- ① Install “MHW app.”
- ② After installing, start “Google Fit” of the terminal.
(If it is not in the terminal, download it.)
- ③ Choose the account to be used and choose “Continue with (the account name).”
- ④ Complete the setting according to the directions on the screen.
- ⑤ After completing the setting, choose “Profile” at the right bottom of the screen.
If it is shown, choose “Settings (gear mark)” at the top.
- ⑥ Activate “Record of activities” and “Use of position information” in “Setting of record.”



< If you have already been using the app >

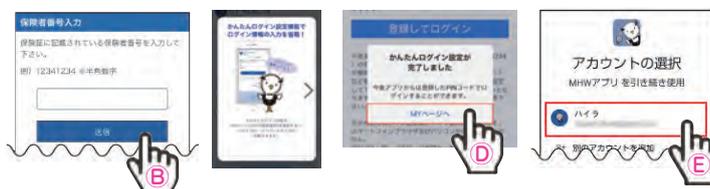
- * Initial setting is necessary again.
- * If you have set “Easy log-in,” the setting will be cancelled. So, after deleting storage, please reset.
- * Even if deleting the storage, the data in MHW will not be deleted.

- ① Choose “App and notification” in “Settings” of the terminal.
- ② Choose “MHW app” from the list of app.
- ③ Choose “Storage”.
- ④ Choose “Delete the Storage”.



< Common >

- A After completion, start “MHW app.”
- B Enter [Insurer No. 06270680] on the insurance card and transmit.
- C Set “Easy log-in” according to the directions on the screen.
- D After setting “Easy log-in,” choose “Log in after registration.” If the dialogue for completion of setting is shown, choose “To MY page.”
- E After the dialogue for choosing the account is shown, choose the account set in “Google Fit.”
- F “Permit” the positioning information and access to the sensor data, and the setting is completed.



If you log in with “MHW app,” the “dialogue for confirming the linkage with vital data (number of steps, etc.)(*)” will be shown. (once/day and only the first log-in on the day)

*You can choose the following.

- [Yes]
- [Not now]
- [Don't show again]

Attention

It may take time to acquire the health data for the first time. Positioning information and sensor data are necessary to acquire the moving distance.

Issuance of Security Code

To see the contents shown at the bottom of page 2 (results of health checkup, notification of annual medical expenses, and notification of medical expenses and amount of benefits), you need a security code for the access to confidential information. For the issuance of security code, click the following contents in MY data for the first time after log-in.

- 健診結果 (Results of health checkup)
- 年間医療費のお知らせ (Notification of annual medical expenses)
- 医療費と給付金支給額のお知らせ (Notification of medical expenses and amount of benefits)

Then, the following button will be shown.



After you click the button, the security code will be sent from the health insurance association by postal mail. It will take about 7 days until you receive it. So, please wait for a while.

If you do not receive the security code after 14 days, please contact the help desk. You can download the documents required for medical tax credit from here.

It takes time to acquire a security code. Please request the documents at least 2 weeks before filing an income tax return.



Notification of Security Code (sample)

Other things to be noted

Mail address for provisional registration

Our mails may be in the "spam folder" depending on the email setting you are using. If your registered email address is correct but you do not receive our mail, please check the "spam folder" and sort emails.

In particular, if you use a carrier mail address of a smartphone company ".ne.jp," you may not be able to receive our mail due to the spam filter or the setting of rejection of emails from PC.

Please change the setting so that you can receive mails from the domains info@mhweb.jp and noreply@mhweb-entry.jp.

- * Check on the website of the smartphone company for details.
- * Each smartphone company set a strict setting for receiving emails due to the measures against spam mails. It is not recommended to register with a carrier mail address.
- If you register with a carrier mail address, please make sure for the setting for receiving emails.
- * If you cannot receive our mails after the setting, please register another email address.

Things to be noted when using MY HEALTH WEB

	Operating system (OS)	Web browser
PC	Windows 10 or newer	•Latest version of Microsoft Edge •Latest version of Google Chrome
	Mac OS 10.14 or newer	Latest version of Safari
Smartphone Tablet	iOS13 or newer Android 9 or newer	Standard browser for each OS

Recommended environment

You can use MY HEALTH WEB with a PC, smartphone, and tablet. Please use it under the recommended environment described in the left.

Terms of use

They include the conditions for use including prohibited matters for the contents of use and the use of MY HEALTH WEB. Terms of use are in the site. Please check the details.

Personal information

We publish the details about the handling of personal information on the website based on the personal information protection management rules of the health insurance society. Also, the private policy is posted on the site of MY HEALTH WEB (basic policy of personal information protection).

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