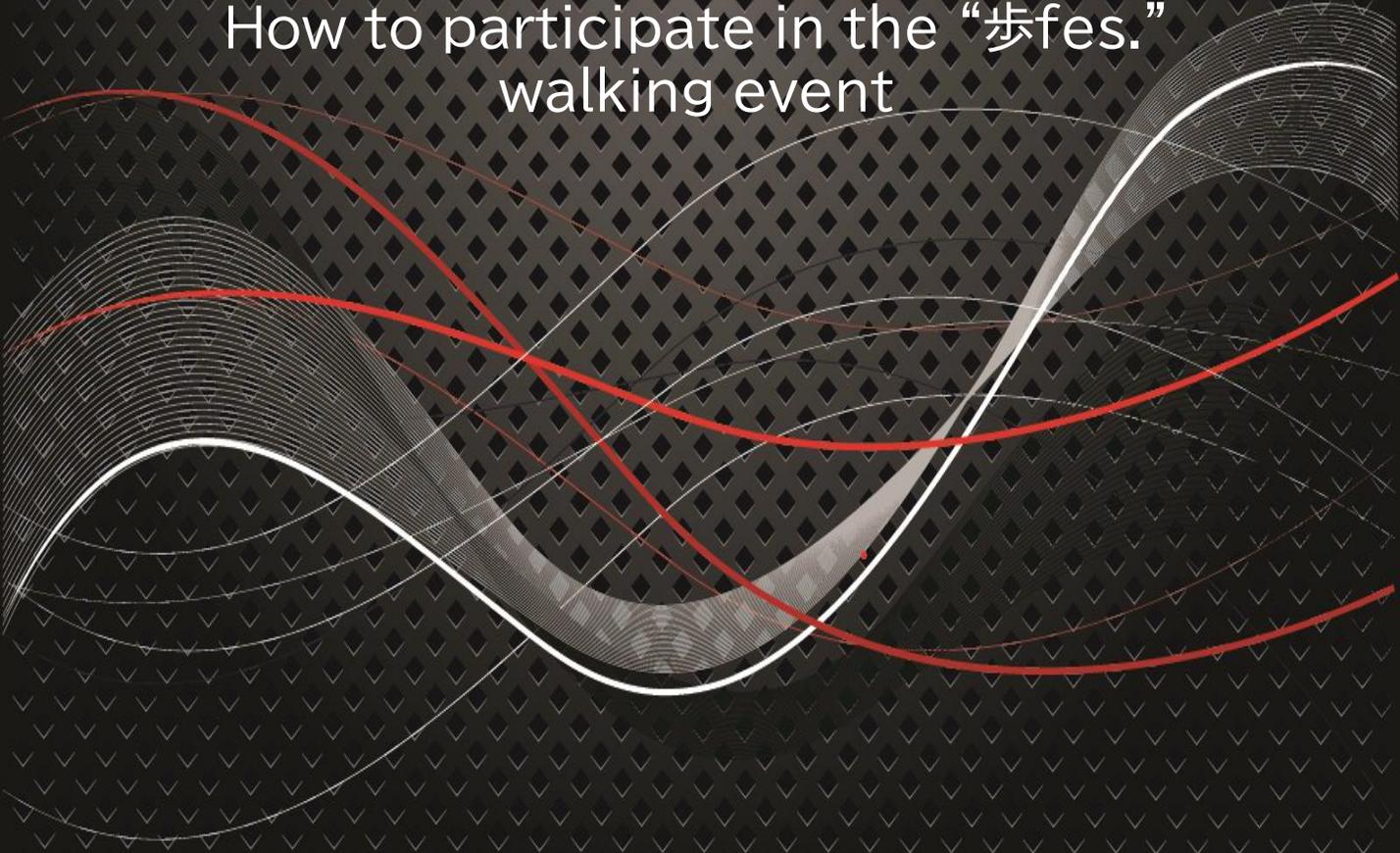


User's Guide for MY HEALTH WEB

KENPO Well-Being Challenge
“ARUKŌZE”
“歩fes.” walking event
How to participate in the “歩fes.”
walking event



Takeda Health Insurance Society and Takeda Pharmaceutical Well-Being Inspires “歩fes.” walking event KENPO Well-Being Challenge “ARUKŌZE”

This year let's join together to learn the science of walking.

—You can take off 10 years by incorporating evidence-based interval walking.

The first collaborative walking event “歩fes. KENPO Well-Being Challenge ARUKŌZE” will be held this year by Takeda Health Insurance Society and Takeda Pharmaceutical Well-Being Inspires. Members of the Takeda Health Insurance Society (insured persons and their dependent spouses, Voluntarily and Continuously Insured Persons and their dependent spouses) are eligible to participate as individuals or on teams, using the new MY HEALTH WEB introduced in April.

Let's get walking with our members from across the country by incorporating interval walking this year!

- * Individual participants: Individual rankings are based on the total number of steps walked. However, MY HEALTH WEB points are not awarded by ranking. MY HEALTH WEB points will be awarded as achievement awards for those who reach the targeted average numbers of steps.
- * Team participants: Compete with other teams on the average of total numbers of steps achieved by team members. MY HEALTH WEB points will be awarded to all members of the top three teams.

● Overview

1. You can participate in the 歩fes. KENPO Well-Being Challenge “ARUKŌZE” as an individual or on a team.
 - * Individual participants: Individual rankings are based on the total number of steps walked. However, MY HEALTH WEB points are not awarded by ranking. MY HEALTH WEB points will be awarded as achievement awards for those who reach the targeted average numbers of steps.
 - * Team participants: Compete with other teams on the average of total numbers of steps achieved by team members. MY HEALTH WEB points will be awarded to all members of the top three teams.
2. Participation is open to members of the Takeda Health Insurance Society who are insured persons and their dependent spouses as well as Voluntarily and Continuously Insured Persons and their dependent spouses.
3. When you sign up for entry, you will be entered as an individual participant. To participate as a team, apply to form a team or join an existing team after completing the entry procedure.
4. Those participating as team members must also participate as individuals.

Takeda Health Insurance Society and Takeda Pharmaceutical Well-Being Inspires 歩fes. walking event KENPO Well-Being Challenge “ARUKŌZE”

●Rules

1. Step counts are recorded via the app pedometer-linkage feature of the My Health Web (MHW) smartphone app or by manual entry into My Vitals. If the pedometer-linkage feature is not enabled on your smartphone app, check how to configure your device and make the appropriate settings. See page 7 of the First-time Registration Guide to learn how to configure your device.
2. If you use both the app pedometer-linkage feature and manual entry, the larger of the two counts will be reflected in total numbers of steps and rankings in the event.
3. You can download the MHW app from the app store for each operating system. (You are responsible for any telecommunications charges incurred.) See page 5 of the First-time Registration Guide for information about the MHW app.
4. You cannot join more than one team. You can form a team, invite members, and join or withdraw from a team only during the team formation period.
5. You cannot form a team, invite members, or join or withdraw from a team after the team formation period ends.
6. Any teams with fewer than two members will be removed (and excluded from team competition) at the end of the team formation period.
7. Step counts before entry are excluded from the numbers of steps used to determine rankings.
8. Rankings and numbers of steps shown during the event are current as of the time of summation (through the previous day).
9. Step counts beyond 20,000/day will not be reflected. This is intended to prevent overexertion.
10. Step counts entered using Android's pedometer-linkage feature may differ from numbers of steps counted using Google Fit.
11. A seven-day grace period will apply to step records after the end of the event. If there are any missing step records, be sure to log in during this grace period for linking your vital data. Only vital data for the past 30 days can be obtained. Earlier data will not be recorded.

Takeda Health Insurance Society and Takeda Pharmaceutical Well-Being Inspires 歩fes. walking event KENPO Well-Being Challenge “ARUKŌZE”

●Prizes

[Individual prizes]

Average of 3,000 steps/day
500 pts.
Average of 5,000 steps/day
1,000 pts.
Average of 7,000 steps/day
2,000 pts.
Average of 9,000 steps/day
3,000 pts.
Average of 10,000 steps/day
4,000 pts.

[Team prizes]

(Awarded to all members of winning teams)
First place
500 pts.
Second place
400 pts.
Third place
300 points

●Notes

1. You cannot change your nickname or team name after the event begins.
2. Rankings and numbers of steps shown during the event are current as of the previous day.
Data is updated once a day (at night) to reflect data recorded to My Vitals through the previous day.
We recommend logging in to MY HEALTH WEB daily to register or link step counts.
3. Step counts entered manually to the iOS (iPhone) Healthcare app cannot be obtained by the vital data linkage feature (for numbers of steps, etc.).
To reflect those step counts, you must enter them directly into the My Health Web (MHW) app.
4. Note that step counts entered using Android's pedometer-linkage feature may differ from numbers of steps counted using Google Fit.

How to participate in the 歩fes. walking event: Individual entry

- ① Access the entry page from the banner on the MY HEALTH WEB homepage.



- ② Click the “エントリーする” button on the event overview page.



- ③ Enter a nickname, then click the “次へ” button.
* A nickname is required for entry.
Nicknames are displayed in rankings and team member lists.
* A nickname can be up to 10 characters long.
It can contain kanji, hiragana, full-width katakana, alphabet characters (half-width), numerals (half-width), half-width underscores (_), and half-width hyphens (-).
* Once entered, a nickname cannot be changed.

エントリー内着入力

ニックネームを入力してください

ニックネームを入力してください

エントリーにはニックネームが必要です。ニックネームはランキングや参加チームメンバーに表示されます。
ニックネームは最大10文字以内で、漢字・ひらがな・全角カナ・アルファベット(半角)・数字(半角)・半角のアンダーバー(_)、半角のハイフン(-)を使用することができます。
※ニックネームは変更することができません。

戻る 次へ

イベントTOPへ戻る

- ④ This completes the entry procedure. To participate on a team, see “チーム戦に参加する” on the next page.
To participate just as an individual, click the “イベントTOPへ戻る” button.

エントリー完了

エントリーが完了しました。

ニックネーム

ニックネーム

イベントTOPへ戻る

チーム戦に参加する

個人で参加希望の場合は「個人戦」の欄に、チーム内で参加希望の半角英数字のニックネームを「チーム戦」へ参加することができます。自身でチームを作成するか、他の参加者が作成した既存チームへ参加することで「チーム戦」に参加することができます。チームを作成する場合は、「新たなチーム作成」ボタンから作成してください。既存のチームへ参加する場合は、「チームID」が必要になります。参加したいチームのメンバーから招待メールを受信するか、チームIDを貼り付け、「既存のチームに参加」ボタンからチームに参加してください。

チーム作成期間：0000/00/00～0000/00/00

新たにチームを作成 既存のチームに参加

※複数のチームに参加することはできません。
※チーム作成期間中は、チームの作成・検索・参加が可能です。
※チーム作成期間終了後は、チームIDの検索・チームへの参加はできません。
※チーム作成期間終了後はチームメンバーが●名以下の場合、チームは消滅します。
※チームを脱退した場合は、個人戦へは継続して参加が可能です。

How to participate in the 歩fes. walking event: Team entry

In addition to individual entry, where you compete with other individuals on the total number of steps during the event period, you can also participate as a team member to compete with other teams on the average of total numbers of steps achieved by team members.

You can form a team yourself or join an existing team.

To form a team, click the “新たにチーム作成” button.

To join an existing team, a team ID is required.

Receive an invitation email or the team ID from a member of the team you want to join, then click the “既存のチームに参加” button to join the team.



[Team formation period] September 2 – 30, 2024

- * You cannot join more than one team.
- * You can form a team and join or withdraw from a team only during the team formation period.
- * Any teams with fewer than two members will be removed at the end of the team formation period.
- * You can continue to participate as an individual even after you withdraw from a team.

●Forming a team

- ① Click the “新たにチームを作成” button on the entry completed page or “チームを作成” button on the event overview page.



- ② Enter a team name, then click the “次へ” button.

- * Team names are displayed in team rankings and on team members' pages.
- * A team name can be up to 10 characters long. It can contain kanji, hiragana, full-width katakana, alphabet characters (half-width), numerals (half-width), half-width underscores (_), and half-width hyphens (-).
- * Once entered, a team name cannot be changed.



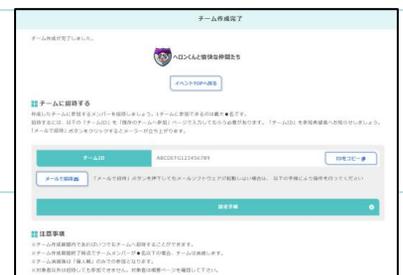
* Screenshots are for illustrative purposes only and may differ from the actual screens.

How to participate in the 歩fes. walking event: Team entry

③
Choose a team emblem, then click the
“次へ” button.



④
This completes the procedure for team formation and
team entry.
* To invite prospective members to join your team, see
“● Inviting team members” on the next page.



How to participate in the 歩fes. walking event: Team entry

●Inviting team members

Invite prospective members to join your team. A single team can have up to 30 members. The prospective team members you invite must enter your Team ID [A] as described in “●既存のチームに参加” below.

You can send an invitation email to prospective members. Click the “メールで招待” button.



If your email client does not launch when you click the “メールで招待” button, click the “設定手順” button and follow the steps given below.

- ① Launch the email client you normally use.
- ② Click the “メール件名コピー” button on the “設定手順” popup.
The subject of the invitation email is copied.
- ③ Paste the copied subject into the email header in your email client.
- ④ Click the “メール本文コピー” button on the “設定手順” popup.
The text of the invitation email is copied.
- ⑤ Paste the copied text into the email body in your email client.
- ⑥ Send the email to prospective members from your email client by specifying their addresses.

- * You can invite team members at any time during the team formation period.
- * Any teams with fewer than two members will be removed at the end of the team formation period.
- * If your team is removed, you will be able to participate only as an individual.
- * Even if invited, ineligible persons cannot participate. See the overview page for information on eligibility.

How to participate in the 歩fes. walking event: Team entry

●Joining an existing team

- ① Click the “既存のチームに参加” button on the entry completed page or the “チームに参加” button on the event overview page.



- ② Enter the Team ID of the team you want to join, then click the “検索” button.
- * Receive an invitation email or the team ID from a member of the team you want to join.
 - * You can join a team at any time during the team formation period.
 - * Any teams with fewer than two members will be removed at the end of the team formation period.
 - * If your team is removed, you will be able to participate only as an individual.
 - * A single team can have up to 30 members. You cannot join a team if it already has 30 members.



- ③ Click the “参加する” button to join the team displayed. This completes the procedure for joining the team. To cancel participation, click the “戻る” button to go back to the previous page.



* Screenshots are for illustrative purposes only and may differ from the actual screens.