

## WEB Health Seminars

### 1. Purpose

Through the implementation of online health seminars that employees can watch regardless of work location or time, we aim to improve employees' health awareness and literacy, address health-related issues, and encourage positive behavioral changes.

### 2. Program Overview

Each year, we deliver three to five online health seminar videos to all employees, tailored to the health issues identified among our workforce.

The seminars cover themes such as the following:

Health Topics	Lifestyle-Related Diseases
	Men's and Women's Health
	Women's Health (for Managers)
	Sleep
	Smoking and Health
Mental Health	Basics of Line Care (for Managers)
	Basics of Self-Care

### Viewing Scenes



### 3. Employee Feedback

- “In the video on lifestyle-related diseases, I gained a clear understanding of diabetes, hypertension, and hyperlipidemia. It also gave me an opportunity to reassess my daily habits.”
- “In the video on ‘Men’s and Women’s Health,’ I learned that a considerate and supportive workplace environment is essential, and that proper care requires understanding the biological differences between men and women.