

March 2, 2020

Seven & i Holdings Certified as a 2020 Health and Productivity Management Organization (White 500)

Seven & i Holdings Co., Ltd. (Head Office: Chiyoda-ku, Tokyo / President and Representative Director: Ryuichi Isaka) has been certified as a 2020 Health and Productivity Management Organization (White 500) as announced on March 2 (Mon) by the Ministry of Economy, Trade and Industry (METI).

The 2020 Health and Productivity Management Organization (White 500) is a program in which the METI certifies companies putting into practice particularly good health management. This is based on efforts in line with local health issues and efforts to promote health being tackled by the Nippon Kenko Kaigi.

Our group will continue to deepen efforts to contribute to the healthy growth and development of local life and society in the future. With this, we will aim to be a company that continues to be trusted and required by our employees and society.

Overview of the Health Management Efforts of Seven & i Holdings

Our efforts below were recognized and this led to us receiving this certification.

- Health Promotion Efforts Utilizing IT (Wearable Devices and Apps)
 - Foster health awareness for exercise (e.g., walking) and quality of sleep
 - Hold walking events and health seminars
 - Implement model cases in health education utilizing an app and reduce the rate of those who have a BMI of 25 or more
- Efforts to Lower the Smoking Rate
 - Gradually implement a ban on smoking during working hours
 - Provide smoking cessation outpatient services in health management centers
 - Expand support for those receiving smoking cessation outpatient services in cooperation with health insurance associations
- Work-life Balance Efforts
 - Reduce overtime work with the introduction of “no overtime days”
 - Ensure time for life with the introduction of staggered work hours
- Efforts to Support the Health of Society: Contribution to SDGs
 - Reduce the amount of food additives while producing even better tasting products
 - Label carbohydrates divided into the dietary fiber and sugars that are of a great deal of interest to customers
 - Develop and provide products taking into account points of concern to customers (e.g., salt content and carbonydrate)
 - Propose dishes, develop recipes and label ingredients under the theme of health in stores



*Seven & i Holdings Co., Ltd. and our Group operating companies below have been certified at the same time.

- SEVEN-ELEVEN JAPAN CO., LTD.
- York-Benimaru Co., Ltd.
- York Mart Co., Ltd.
- Sogo & Seibu Co., Ltd.
- Seven & i Food Systems Co., Ltd.

◆ **Reference: Seven & i Health Declaration NEXT**

Seven & i Holdings formulated the Seven & i Health Declaration NEXT in October 2019 as an effort to raise the awareness of our employees by setting themes relating to individual employees, companies and society respectively.

◆ **Specific Efforts for the Seven & i Health Declaration NEXT**

Individual Efforts

Theme 1:

Health Maintenance / Non-Disease and Health Recovery Efforts

Content:

Implement efforts to understand and improve health problems

- Enhance periodic physical examinations
- Implement efforts for non-disease and for the detection of diseases at an early stage
- Take measures to prevent lifestyle diseases
- Implement efforts to lower the smoking rate

Theme 2:

Efforts to Promote Health Using IT

Content:

Foment health awareness using IT (wearable devices and apps)

Workplace Efforts

Theme 1:

Create Easy-to-work Workplaces Healthy for Both the Mind and Body

Content:

Promote a work-life balance through the development of an appropriate working environment

- Optimize working hours
- Promote the acquisition and effective utilization of days off and holidays

Implement efforts to improve the health of both the mind and body

- Implement efforts to understand organizational challenges using surveys and then make improvements
- Prevent mental illnesses in advance by giving mental health training

Implement efforts to encourage communication

- Develop a workplace environment to stimulate internal communication
- Hold events for employee interaction

Implement efforts to develop and support an environment for both work and recuperation

Theme 2:

Develop a Healthy and Comfortable Workplace Environment

Content:

Develop a workplace environment that prevents passive smoking

- Develop an environment in which smoking is prohibited or in which smoking and non-smoking areas are separated

Install rest spaces

- Install rest spaces that everyone can use easily

Develop a workplace environment that prevents occupational accidents and implement relief efforts

- Thoroughly prevent occupational accidents and ensure the deep penetration of first-aid knowledge

Efforts for Society

Theme 1:

Efforts to Support the Health of Society: Contribution to SDGs

Content:

Develop safe products that offer peace of mind

- Reduce the use of food additives
- Provide nutritional information and allergy information

Develop and provide products to support health

- Expand the “Good Health Starts with this Hand” series (Seven-Eleven)
- Develop and deploy *Seven Premium* health products

Support healthy eating habits in various ways

- Provide healthy eating habits information with cooking support (Ito-Yokado)
- Support eating habits through meal kits and frozen foods

Implement efforts to support health in cooperation with local governments

- Hold health events using the event spaces of stores

