

July 14th, 2020

Nippon Life Insurance Company

Notice regarding the full-scale rollout of the Diabetes Prevention Program

Nippon Life Insurance Company (President: Hiroshi Shimizu; hereinafter “Nippon”), announces the full rollout of the Diabetes Prevention Program (herein after “the Program”), a paid service offering as part of the healthcare business for incipient diabetics to prevent the occurrence of diabetes from July 14th, 2020.

The program is designed to have public health nurses from Nippon Life Hospital, provide remote counselling on ways to improve lifestyles where the participants self-monitor their health conditions using various devices and tools to measure their physical conditions. Controlling and understanding one’s own physical conditions elevate the willingness to transform behaviors which then coupled with counselling from specialist public health nurses help master proper lifestyles. Remote counselling and self-monitoring using devices offer an effective program for individuals that usually cannot spare time for hospital visits as well for those that were before not interested in improving lifestyles.

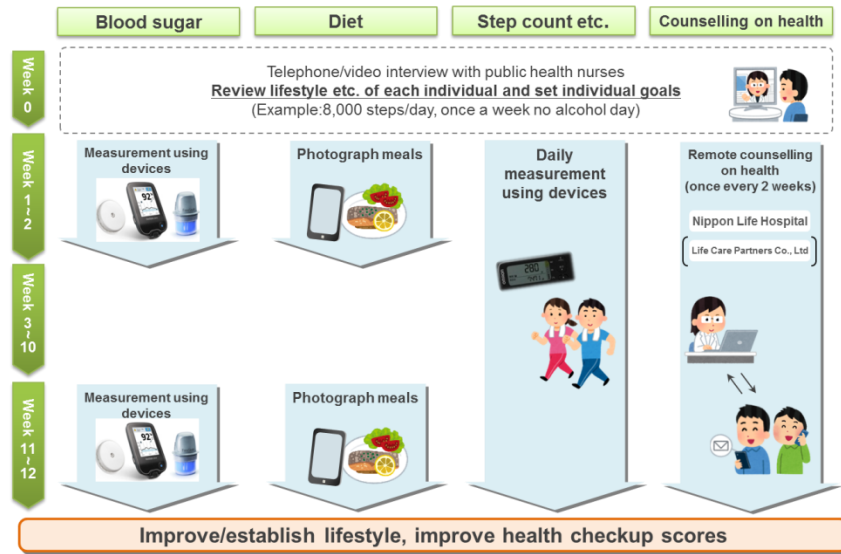
Since April 2018, Nippon has been offering to corporates, organizations, health insurance associations, and mutual aid associations, “Wellness-Star☆ – a Nissay health promotion consulting service” (hereinafter : “Wellness-Star”), that mainly identify and analyze specific underlying trends of challenges unique to each organizational division such as by office etc., based on the results of physical examinations. With the recent addition of the Program to Wellness-Star’s line-up, the service will become even more wholistic, capable of analyzing organizational issues as well as offering support at individual levels.

Under the support of local governments from FY 2018, we have had a total of 25 organizations and approximately 1,000 staffs of these local governments participate in trials to develop the Program. Results of the trials showed improvement in average glucose levels by ※among 69.5% of the individuals and 99.1% of the participants completed the trial program (i.e. completed the final evaluation). We will initially start by running the Program full-scale for the worker community such as corporate employees and local government staffs but will make advancements to offer the Program to those that are self-employed as well as senior citizens in the future.

Nippon Life Hospital, which will be offering the counselling has been increasing the number of specialist public health nurses in light of the deployment of the Program and will aim to establish a structure were 10,000 customers may be serviced per year in the future. Further, Nippon will continue to work on expanding the services available to enable evaluating the risks of future occurrence of illnesses or support maintaining and/or reconsidering lifestyles and others from a stage where the risks are still not serious.

※Average glucose level in the interstitial fluid upon continual measurement. HbA1c and average glucose level present strong correlation and thus HbA1c can be estimated from average glucose level.

《Overview of the Diabetes Prevention Program》

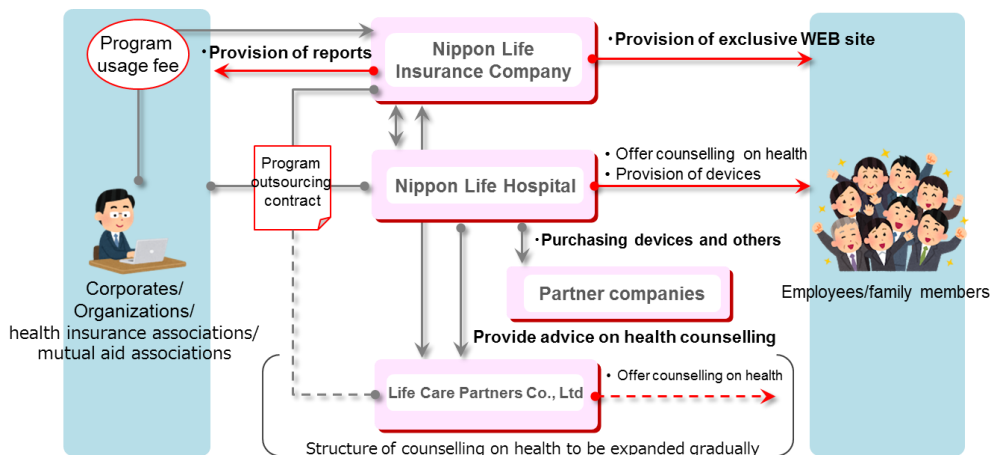


- Program period: approximately 3 months
- Data measured using the various devices will be managed centrally on the Program's exclusive WEB site and can be accessed anytime
- Public health nurses will remotely offer counselling once every two weeks to improve lifestyles based on the measured data



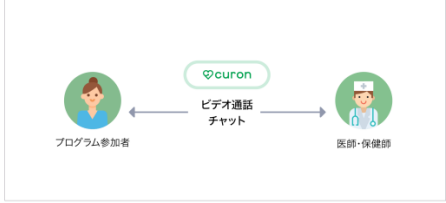

《Design of the Program and roles of each company》

- Contracts will be concluded with and costs will be incurred by the corporates, organizations, health insurance associations, and mutual aid associations, using the Program.
- Nippon will provide an exclusive WEB site for the Program and reports on the results.
- Nippon Life Hospital will offer counselling on health, provide devices purchased from partner companies as well as offer advice to Life Care Partners Co.,Ltd. on health counselling.

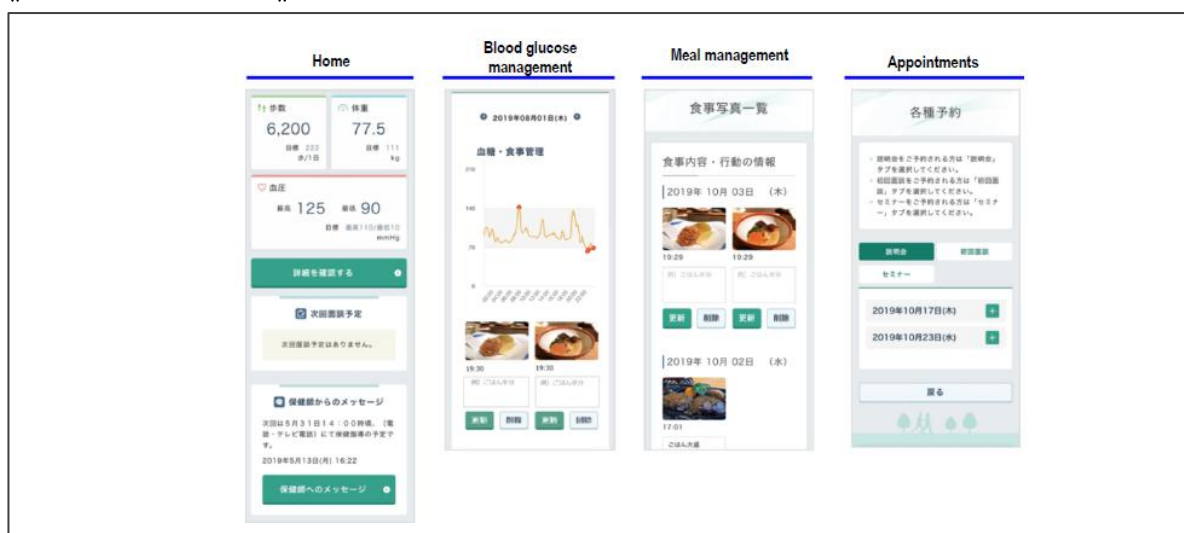
(For the expansion of the health counselling structure, health counselling by Life Care Partners Co.,Ltd. is planned to be expanded))



《Major devices and tools used in the Program》

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|  | <p><u>FreeStyle Libre</u></p> <p>This is a blood glucose monitoring tool offered by Abbott Japan LLC. It will measure blood glucose for 2 weeks (24 hr. automatic measurement)</p> |
|  | <p><u>Activity meter</u></p> <p>This is an activity meter offered by OMRON HEALTHCARE Co., Ltd. The device will be carried throughout the course of the program for daily measurement of activity volume (number of steps walked).</p> |
|  | <p><u>curon</u></p> <p>This is a remote medical diagnosis application offered by MICIN and will be used for remote interview sessions with public health nurses.</p> |
|  | <p><u>CureSign</u></p> <p>This is a simplified blood test kit offered by FUJIFILM Medical Co., Ltd. and is used to understand the physical condition at the time of the Program start and upon reviewing the effectiveness of the Program.※ This kit is optional.</p> |

《Exclusive WEB site》



- Data measured by using the various devices will be centrally managed on the exclusive WEB site where participants will have constant access.
- With the participants and the appointed public health nurses sharing the same data, effective counselling for improving lifestyles can be offered based on daily data.

《Reference》 **Trials with local governments**

The Program was developed under support of various local governments where a total of 25 organizations and approximately 1,000 individuals participated in the trials. Operational schemes were established and the Program's efficacy was checked through these trials.

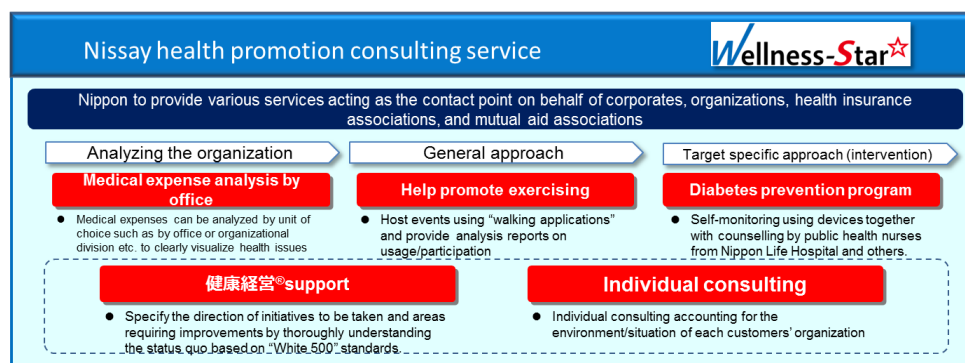
| Items | Trial results |
|---|---|
| Percentage of participants that saw improvements to their average glucose level | 69.5% |
| Breadth of improvement to blood glucose level spike※2 | At the Program start 27.8 times →At the Program end 21.3 times |
| Program persistency rate※2 | 99.1% |

※1 : Refers to instances where blood sugar level rises sharply for a short period after a meal though usually at normal levels. This is also called "incipient diabetics" and since fasting blood sugar levels are measured at physical examinations, glucose level spikes are said to be difficult to identify.

※2 : Percentage of individuals that completed the final evaluation out of those that had the initial interview.

《Reference》 Nissay health promotion consulting service **Wellness-Star**☆

This is a service to support companies and health insurance associations in their health and productivity management and promoting of data health planning. The lineup includes medical expense analysis by organization or by office as well as exercise promotion support.



※"健康経営®" is a registered trademark of Nonprofit Organization Kenkoieji.

《Reference》 Public Interest Incorporated Foundation, Nippon Life Saiseikai, Nippon Life Hospital
Nippon Life Saiseikai was founded in 1924 by Nippon as an establishment that practices "mutual support" and "co-existence and co-prosperity" that are fundamental to the spirit of a life insurance business. Placing Saisei Rimin" (meaning to help people by saving lives and providing relief) as the basic philosophy since its founding and by establishing Nippon Life Hospital in 1931 and others, Nippon Life Saiseikai has been engaging in contributing to the society by offering medical services to date. In acknowledgement of its provision of a "comprehensive medical service from prevention, treatment, to home care" to the local community, Nippon Life Saiseikai was certified as a Public Interest Incorporated Foundation by Osaka prefecture in April 2012. Further, with the move to a newly built facility in April 2018, the name was renewed from "Nissay Hospital" to "Nippon Life Hospital", making available a structure for people to enjoy the latest, most optimal medical services under a safer, more reassuring environment.

《Reference》 Life Care Partners Co.,Ltd

Life Care Partners Co.,Ltd, established in 2001, is an information service provider of health and nursing care areas etc. under the Nippon group. Many customers such as companies (welfare, customer service areas etc.), health insurance associations, and mutual aid associations have been using our services since our foundation.