

No.	Points awarded items	Points awarded	How to grant	When it is granted	Notes
1	First time logging in to the app	500p	Automatic grant	Immediately	Only one time per person
2	App Login	1p			Once a day
3	5,000 or more steps / day	3p			(Examples) ・ 5,000-7,999 steps/day: 3 points ・ 8,000-9,999 steps/day: 8 points ・ 10,000 steps or more/day: 15 points
4	8,000 or more steps / day	5p			
5	10,000 or more steps / day	7p			
6	Weight Record	2p			Once a day
7	Food record (morning/lunch/dinner)	1~3p			Recording in the morning, afternoon, or night will earn you 1 point (maximum 3 points)
8	Walking Event	We will inform you when the event is held	Manual grant	After the event	Awarded based on meeting certain conditions, such as average steps taken during the event. (Details will be announced at the time of the event.)
9 ※	Health checkup result assessment	500p	Manual grant	October and April schedule	<p>For those who can check their health checkup results on the My Page - Health Checkup Results page of the health insurance website, points will be awarded to those who receive an A or B rating in all of the following test categories: ①Physical build ②Blood pressure ③Liver function ④Lipids ⑤Glucose metabolism ⑥Renal function ⑦Colon ⑧Digestive system</p> <p>*Please note that the evaluation criteria are based on the health insurance association's health checkup results website and may differ from those of medical institutions or your company's health management portal site.</p> <p>*Points are awarded semi-annually (October and April). Health checkup results are received from medical institutions to the health insurance association 2-3 months after the examination, so please be aware that points may be awarded late depending on the date of the examination.</p>

※ How to check "9.Health checkup result assessment"

