

# Press Release



**TOKAI TOKYO FINANCIAL HOLDINGS, INC.**

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(TSE, NSE: 8616)

July 1, 2019

## Appointment of Chief Health Officer and Well-Being Ambassador

– Reinforcing Our Health Management Promotion Structure –

We, Tokai Tokyo Financial Holdings, Inc. (hereinafter “the Company”), are pleased to announce that the Company has appointed Chief Health Officer (CHO) and established the Health Management Promotion Committee to promote the health and well-being of the Company’s employees. Furthermore, in accordance with the “Well-Being Declaration” in April this year, we have appointed an athlete employee as a Well-Being Ambassador.

### 1. New Appointment of Chief Health Officer

Masahide Kawamoto  
Representative Director and Deputy President  
Head of General Planning Group

#### Comment:

“Maintaining the health of every employee is an important issue for managing the Company. Our health is vital for both work and leisure. On a personal level, I keep my health in check accordingly and manage my physical condition. These days, I use my smart watch to monitor my physical activities and track my sleep status.”



### 2. Establishment of the Health Management Promotion Committee

The Health Management Promotion Committee monitors the health status of employees by referring to their medical checkup data and other indicators, identifies potential problems, and formulates various measures for maintaining and promoting the health of employees. Also, the Committee verifies the effectiveness of the measures to be taken while setting the Company’s health promotion goals.



### 3. New Appointment of Well-Being Ambassador

Narumi Kurosu  
Human Resources Department  
(2012 London Olympics Japan Representative, Modern Pentathlon)

#### Role:

Based on her experience as an Olympic athlete, Ms. Kurosu will coach employees how to do physical exercises efficiently, reduce stress, and practice a nutritious & balanced diet easily, etc. As an athlete and physical fitness

professional, she will transfer her skills that can help the employees to take simple and easy steps to improve their health.

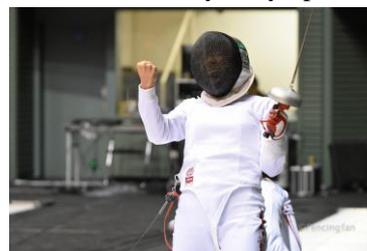


**Activities to be implemented:**

- Mental Conditioning “Mental Training,” “Refreshing Breathing Methods”
- Physical Conditioning “Recover Metabolism by Posture Correction,” “Clean Body with Easy Exercises”
- Others “Healthier Diet by 20-Minute Cooking,” “What to see in 2020 Tokyo Olympics”

**Profile of Narumi Kurosu**

- 2010 Winner of the First All Japan Championship  
The 5<sup>th</sup> place of the 16<sup>th</sup> Asian Games – Guangzhou
- 2011 Winner of the 2<sup>nd</sup> All Japan Championship (2<sup>nd</sup> straight title)
- 2012 Joined the Company  
London Olympics Japan Representative, Modern Pentathlon
- 2014 The 17<sup>th</sup> Asian Games – Incheon
  - Individual: the 6<sup>th</sup> place
  - Group: Silver Medal



Nowadays, in addition to her assignment at the Human Resources Department, on weekends, Ms. Kurosu participates in events related to the 2020 Tokyo Olympics, works as a training instructor for young athletes, as well as acts as a coach for the representatives of Japanese Women's Modern Pentathlon.

Through all the above stated activities, we will strive to maintain the physical and mental well-being of our employees, which will lead to improved organizational performance.

(Reference) Well-Being Declaration – established on April 1, 2019

Tokai Tokyo Financial Group positions the maintenance of each employee's health as an important management issue. We will work to create an environment for creating good physical, mental and social conditions.

1. We will constantly monitor the health status and problems of our employees and formulate and implement health promotion measures that are adapted to varying actual situations.
2. We will exercise health promotion measures regularly to maintain our mental and physical well-being.
3. We will talk with each individual employee to help his or her health management and disease prevention, and thus enable employees with problems to continue working while treating their respective difficulties.

(end)