

What's Pep Up?

Pep Up.

New employees, have fun with Pep Up!

Get points
just for
walking!?

hedgehog

Shiba Inu

Let's walk together.



The keyword
for Friend Walk
is 'Horihori'.
You'll know
once you join!

Your Complete Pep Up
Guide in One Book!

The day you can register for Pep Up

Month / Day / Year



Enjoy Your Health Today with Our Services



Pep Up Handbook



Let's make a note!

The day you can register for Pep Up

Month / Day / Year

Health should be easier, right?

Do you ever feel like you don't know where to start when it comes to your health? Or that in your busy daily life, you tend to put yourself last?



Hello! I'm 'Friend,' your Pep Up guide! I'm here to give you a little spark to kickstart your health journey♪

Pep Up is a service that helps you gradually connect with your body by paying just a little attention each day. No need to push yourself.

When you notice the moment, why not pause for a bit and start by learning? Just that alone can bring you closer to the health you envision — that's our hope for you.

A little something good for your health. Why not start together with Pep Up?

Suddenly, but...

Shiba Inu Style: Your Health Type Diagnosis Chart



START !

Lately, have you ever thought, even just a little, 'Maybe I should start caring about my health?'



NO

You feel like you should do something, but have no idea what

YES

When you hear you can earn points, does it make you want to give it a try



NO

If it's something simple to start with, do you think you'd like to give it a try?

YES

NO

Does talking about health sometimes feel more like someone else's story than your own?

YES

Do you have a habit of walking every day?



NO

D

YES

B

NO

B

YES

C

NO

B

YES

A

A The Steady Builder

That's perfect! Love it! Just don't get too relaxed—keep it up and have fun!



B Deal-Driven Opportunist

Points are like magic, right? So first, I'd love for you to try 'Friend Walk'!



C The Hidden Potential Type

Let's find a small first step together! Start with something fun—it's totally okay!



D The No-Plan Type

It's totally fine if it's not right now. But how about installing the Pep Up app?



Alright then, let's check out Pep Up's features with that in mind



Health Age

Is your body the same age as your actual age? Or... maybe not?

Based on your health checkup results, you can check your current body condition with your 'health age'! If the number comes out younger than your actual age, it feels pretty nice, doesn't it?

What is Health Age?

It's an indicator that helps you easily understand your overall health condition. Using the results of your health checkup, it statistically determines the age your body is equivalent to.

It's easy to see how your body compares to your actual age. I wanna try it!

The advice and graphs for each item are easy to understand and help you visualize things.

健診受診日の年齢より算出しています

あなたの健康年齢*

53.0 歳

実年齢 +3.0歳

健康年齢推移

54歳

53.8歳

53.6歳

53.4歳

53.2歳

53歳

52.8歳

52.6歳

52.4歳

52.2歳

52歳

51.8歳

51.6歳

2023 2024 2025

同性・同年齢の健康年齢分布

あなた

70 60 50 40 30 20 10 0

-30 -25 -20 -15 -10 -5 0

空腹時中性脂肪

30～149 131.1

随時中性脂肪

40～ 60.2

HDLコレステロール

40～ 60.2

LDLコレステロール

60～119 125.5

non-HDLコレステロール

90～149 164

肥満度 正常値（基準範囲）

2024年9月の結果

空腹時中性脂肪 HDLコレステロール LDLコレステロール



Walking together with a Shiba Inu character and giving it my best is actually pretty fun!

It's easier to keep up a walking habit when you can enjoy each day like a game. Friend Walk is a fun and rewarding program where a character cheers you on as you walk and you earn points along the way!

You can start earning points from 5,000 steps, and then get even more points at milestones like 8,000 and 10,000 steps—how great is that!

しづくとサバトラ
しづくの前の飼い主はおばあちゃん。毎日の散歩や食事はいつも一緒に、おばあちゃんの大好きなMSKうた白眉も一緒に見てた。ダジャレ好きはそこから。でもおばあちゃんはお星様になっちゃって。。。サバトラは、しづくを兄弟だと思っていつも一緒にいる。考え事が好きでおしゃべり好き。たまに物思いにふけっておしゃべりになることも。。。

It gives you cheers and advice comments based on your step count, so walking becomes really fun!



Is it risky to rely on outdated health knowledge and assumptions without updating it?

Pep Up's health articles are created mainly by medical professionals such as doctors, nurses, and registered dietitians who know the field firsthand. The information is highly reliable, so you can read with confidence. Be sure to check them out!

ゆっくり休むだけが休養ではない！？
アクティブレストのススメ

提供元: Pep Up

公開日: 2025.03.28

健康な生活には「運動」「栄養」「休養」のバランスが必要です。
実はゆっくり休むことだけが休養ではありません。アクティブレスト」という考え方があり、身体を休むのはいいはずなのに、なんとなく疲れが取れないといふ場合は運動をすることで疲れがすっきりするかもしれません。

今回はアクティブレストについてご紹介します。

健康のために大切な「休養」

健康のためには適度な運動やバランスの取れた栄養・食生活ではなく心身の疲労の回復をもたらす休養が必要で、これを「健康増進の三原則」とされています。

「休養」というと、睡眠、もしくは家でゆっくりするなど

I'm studying for my future health too! It's full of interesting stuff, and I really love it!

Hello summer
Grill everything
We cook unusual dishes at home

or Weight Loss and Weight Maintenance, 138, 2 OTB, 2019; 10.1007/s11529-018-0001-1
2. Bon M. Iserieng, et al. Weighing Every Day Matters: Daily Weighting Improves Weight Loss and Adoption of Weight Control Behavior. Journal of the Academy of Nutrition and Dietetics, 115, 2015, 5 11-18
3. Bravata DM, et al. Using pedometers to increase physical activity and improve health: systematic review. JAMA, 2007, 297, 10, 1113-1120
4. Kartin Ulring, et al. Self-Measured Ambulatory Blood Pressure Management of Hypertension. A Systematic Review and Meta-analysis. Annals of Internal Medicine, 2015, 162, 11-18
5. 健康づくりのための離島ガイドブック
<https://www.nishio.go.jp/corner/>

If you read the article soon after it's published, you can earn points too—double the benefits!

ご意見お待ちしております
記事に取り上げてほしい内容や日頃健康に関して疑問に思っていることなど、ご意見をお待ちしております。

*このコメントは運営チームのみ閲覧サービスの中で表示されることがあります。

自由に入力してください

キャンセル ポイントをもらう!

参考にならなかった 参考になった

参考にならなかった 参考になった

Daily Log

By recording, you become aware. By becoming aware, you change.

Beyond diet and exercise, factors like your environment or work-related stress can sometimes affect your health without you noticing, causing fluctuations in your weight and overall condition. There may also be other benefits you gain from recording regularly or from the habits that develop through recording.

By measuring every day, I realized that when I'm not feeling well, the numbers show it!

カロリー
1726 kcal

歩数
1942 1.6 km
8000 歩

日々の記録

4月21日

基礎代謝
ウォーキング

やることリスト

体重 75.8 2025

体脂肪率 16.8 2025

収縮期血圧(最高) 107

拡張期血圧(最低)

18:04 18:04 4G 51%

やることリスト - Pep Up(ペップアップ)

20 21 22 23 24 25 26

やることリスト

早く歩く

階段を使う

ストレッチをする

ヨガをする

ラジオ体操をする

筋力トレーニングをする

登山をする

ランニングをする

睡眠時間を決め、規則正しい生活リズムにする

Not just measuring—recording your actions really helps you notice changes in your condition!

Medical Expense Notice

Release as soon as it's ready.

It's important to really understand your medical expenses. Thanks for putting it all together!

With more opportunities to visit medical institutions these days, having all your consultation and prescription information in one place is incredibly convenient. Plus, you can even download data for electronic tax filing (e-Tax), making this feature more useful than you might expect!



It's so convenient—you can see the medical expenses you've used right at hand, and even check treatment information for your dependents!



月間医療費のお知らせ一覧（最新5件）

公開日	診療月	種別	医療費
2025/03/10	2024年12月分	医療費	
2025/02/25	2024年11月分	医療費	
2025/01/27	2024年10月分	医療費	
2024/12/25	2024年09月分	医療費	
2024/11/25	2024年08月分	医療費	

*横にスクロールすると全ての情報を見ることができます。

*Pop Upに登録した直後は医療費データが反映されていない場合がありますので、翌日以降に再度ご確認ください。

公開日：2023/07/25
個人情報
2023年4月 医療費
事業者記号：****
被保険者番号：****
氏名：**** 様

These days, we're visiting medical institutions more often—not just for colds, but also for allergies and preventive checkups—so managing everything is really important!

対象者名	医療機関名	診療年月	診療区分
****	東京歯科クリニック	2023年4月	歯科外来
****	済生会病院	2023年4月	内科外来





Pep Points



Walk every day and collect points!

If you're into collecting points, you'll definitely notice—Pep Up makes it super easy to rack them up! And the best part? You're not just earning points, you're gaining health too!

Little by little...



Pep Points can be earned through various daily health activities and events, you know. You get them based on how much effort you put in!



You can even exchange for e-money, and since it's easy to earn points, there are actually plenty of great products!



Health check results

Being able to check your health checkup

results anytime is so convenient!

Health checkup results can be hard to understand, right? Pep Up helps you make sense of each item! Make sure you can check them anytime!



You can compare the past three years, and the scores are easy to understand! Best of all, you can check them anytime—it's super convenient!



You can even compare detailed graphs—digital convenience at its best!

I really wanted to keep a proper record of my medications.

Now that I'm visiting hospitals more often, the number of prescribed medications tends to increase. Without realizing it, you might even end up with the same medicine from another hospital. If you keep a record, you can review it later and check for any interactions.



Wow, you can even record your medications in Pep Up! That's super convenient!



You can import them with a QR code, and they'll even be registered automatically!



It's also great for checking if switching to generics is a good option!



自動入力の調剤情報について

- ・健康保険組合の調剤レセプトを基に作成しております。お手元の処方情報と不整合がある場合はPep Upのお問い合わせ窓口よりお問い合わせください。
- ・病院・薬局の住所と電話番号は地方厚生局から取得しています。

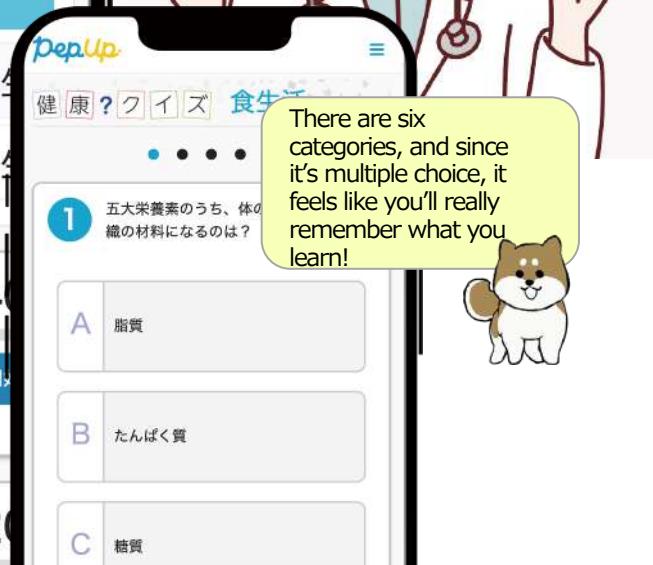
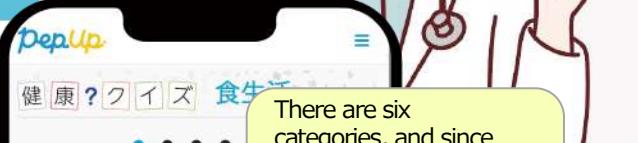
Health Quiz

Challenge yourself with fun health quizzes!

Do you think learning health knowledge means memorizing difficult things? With health quizzes, it's multiple choice—easy to remember and easy to answer! You'll learn effortlessly and even earn points for extra perks!

Quizzes are fun no matter the topic.

And when it's about health—your own health—it's definitely worth doing!



Registration Process



※The registration process varies by union, so please check!

You'll receive a verification code!



- After you join or change jobs, it will be sent to your home after a short while!
- If you already have one, go dig it out!

4. 本人確認

本人確認画面以下の「本人確認コード」をさ入いただけます。このコードは、本サービス登録者が本用紙を正しく受け取ったご本人であることを確認するためのコードです。

このコードは初回の登録時のみ使用します。ユーザー登録完了後は、ご本人様の登録された「メールアドレス」と「パスワード」によってご利用いただけます。

※※※※※※※※※

※大文字小文字は區別されません

4. Identity verification

Please enter the following 'Identity Verification Code' on the identity verification screen. This code is used to confirm that the service registrant is the person who has correctly received this form.

This code is for initial registration only. Once user registration is complete, you may access the service using your registered email address and password.

※※※※※※※※※

※ Uppercase and lowercase letters are not distinguished.

※ Use the 10-digit code written here!

Access here!

https://pepup.life/users/sign_up



- Email address
- Password settings
- Identity verification code

Input complete →

Confirmation email completes it! Simple!

App

Let's use the smartphone app!

Let's download the app.

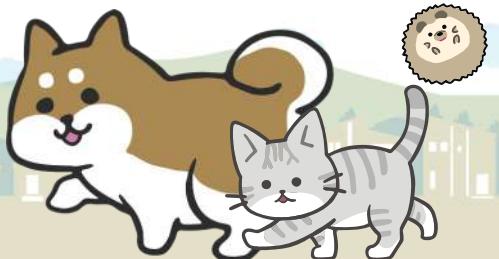
Installing it on your smartphone will make it more fun and easier to use!



App Store
からダウンロード



Google Play
で手に入れよう



Shall we go for a walk together?



Bonus How to Spend the Year

Check your health checkup results and incorporate moderate exercise!

Let's decide on a date for the health checkup and make a note of it!

Year Moon Day



A good time for walking

Nice weather
I want to go for a walk~

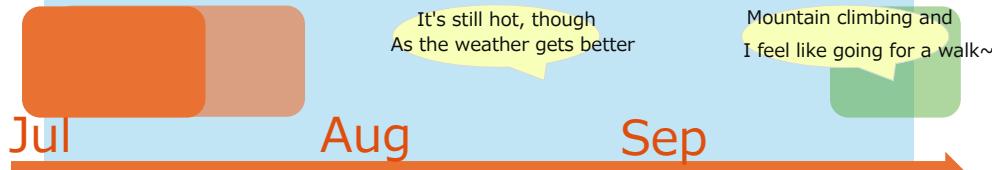
Oh no
It's starting to get hot.
How should I do it?

Apr

May

Jun

A good time to learn about summer health



A good season for walking

A good time to learn about winter health

Oct

Nov

Dec

Walking available during the New Year holidays

I feel like I ate a little too much. . .

Come, spring
Hurry up

