

Services to enjoy your health today.

Ver. 1.02

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.

mackerel tabby

Pep Up Handbook

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

pepUp.

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



Health Age

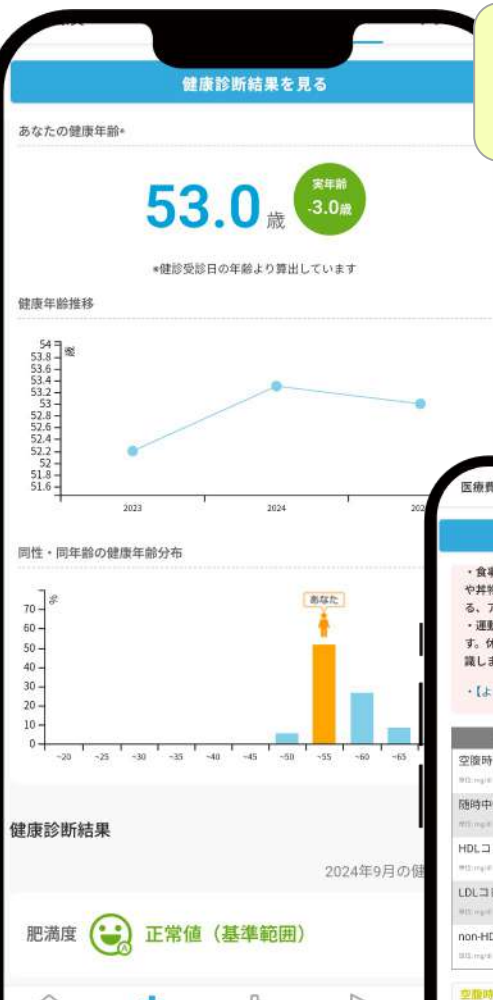
Is your body the same age as your actual age? Or... maybe not?

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!



医療費 ワクチン

健康診断結果を見る

- ・食事→肉料理の頻度を減らし魚料理の頻度を増やす、大盛りや丼物のような炭水化物が多いメニューが続かないようにする。アルコールを飲みすぎない、間食は避けましょう。
- ・運動→階段を使ったり一駅歩くような日常的な運動を増やす。休日は軽く汗をかく程度の運動を行う習慣をつけるよう意識しましょう。

・【よくわかる検査値事典】監訳を読む

検査項目	基準値	同性・同年齢
空腹時中性脂肪	30 ~ 149	131.1
LDL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

空腹時中性脂肪 LDLコレステロール LDLコレステロール

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



Friend Walk

Pep Points
Chance



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!



ごほうびをほりほりする

今日のほりほり数
(昨日集めたシャベル数)

昨日の歩数 11,331 歩

- 今日のほりほり数は、昨日の歩数を反映
- 本日23時59分まで有効です (23時 - 17時)

現在の所



ふれんどウォー

ごほうびについて

各目標地点 (5,000歩/8,000歩/10,000歩) に到達することによってシャベルが手に入り、翌日ごほうびをほりほりすることができます。

さんぽしてスコップを集めよう!



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!

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



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

♡お気に入り追加

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、身体を休めるはずなのに、なんとなく疲れが取れないという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・食事だけで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

1. or and Weight 018, aspi 1
2. Doni M. Stenberg, et al. Weighing Every Day Matters: Daily Weighing Improves Weight Loss and Adaption of Weight Control Behaviors. Journal of the Academy of Nutrition and Dietetics, 115, 2015, 511-518
3. Bravata DM, et al. Using pedometers to increase physical activity and improve health: systematic review. BMJ, 2007, 334, 711-717
4. Katrin Uhlig, et al. Self-Measured Management of Hypertension: A Analysis. Annals of Internal Medicine, 2015, 162, 101-108
5. 健康づくりのための睡眠ガイドライン. https://www.nihon.go.jp/content/

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自慢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しサービスの中で表示されることはありません。

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

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



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!



日々の記録

< 4月21日



歩数

1942

1.6 km

8000 歩

カロリー

1726

kcal



基礎代謝
ウォーキング

1630



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)

80

18:04

やることリスト - Pep Up(ベップアップ)

pepup.life

日 月 火 水 木 金 土
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
- ☒ 起床時間を決め、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!

医療費

医療費通知

ジェネリック通知

医療費通知とは？

医療費通知とは、医療機関等で診療を受けた際にかかった医療費のお知らせです。

医療費通知によって、実際にかかっている医療費（自己負担分以外の医療費も含めて）を知ってもらうことで、健康保険制度についてのご理解や健康管理の重要性、医療に対する認識を深めていただくことを目的とした取り組みです。

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。

*Pep 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。

月間医療費のお知らせ詳細

公開日：2023/07/25

2023年4月 医療費

事業所記号：****

被保険者番号：****

氏名：**** 様

対象者名	医療機関名	診療年月	診療区分
****	東京医科大学病院	2023年4月	内科外来
****	東京医科大学病院	2023年4月	内科外来

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!



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!



ポイント履歴

あなたのPepポイント ?

所持ポイント

利用可能ポイント総額

146 pt

今月期限のポイント

0 pt

来月期限のポイント

*ポイントの有効期限に関わらず健康保険の資格失効日から90日後にポイントが失効します。(Pep Up主催のイベントなどで取得したポイントは残ります)

あなたのPepポイント利用/獲得履歴

すべて

利用

獲得

利用日/獲得日	内容
2025-04-21 11:49	日々の記録 睡眠時間 (2025/04/21)
2025-04-21 11:49	日々の記録 体重(2025/04/21)
2025-04-21 11:46	ごほうび

家電



[シロカ] ハンディーファン SF-H631W

2,900 pt



[オム

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!



健康診断

受診日を選択

2024-09-17

A:異常なし / B:軽度異常 / C:要再検査・生活改善 / D:要精密検査・治療

肥満度

BMI	18.5 ~ 24.9 kg/m ²	21.5	A	推移
身長	- cm	186.5	-	推移
体重	- kg	74.7	-	
腹囲	~ 84.9 cm	79.0	A	

血圧

収縮期血圧	~ 129 mmHg	128	A	
拡張期血圧	~ 84 mmHg	78	A	

血糖

HbA1c	~ 5.5 %	5.5	A	
空腹時血糖	~ 99 mg/dl	97	A	
随時血糖	- mg/dl	-	-	
尿糖	(-)	(-)	A	

脂質

空腹時中性脂肪	30 ~ 149	260	A	
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収縮期血圧 128 A 推移
拡張期血圧 78 A 推移

血糖

HbA1c ~ 5.5 %

LDLコレステロール



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

Medication Record Book

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!

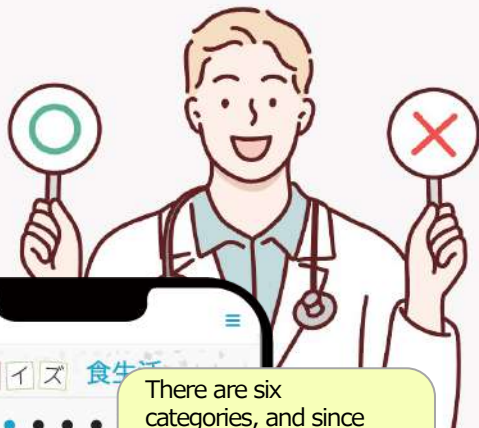


Health Quiz

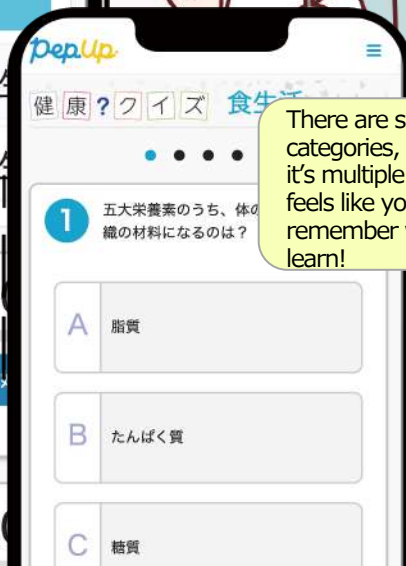
Challenge yourself with fun health quizzes!

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!



There are six categories, and since it's multiple choice, it feels like you'll really remember what you learn!





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

本人確認画面で以下の「本人確認コード」を入力いただきます。このコードは、本サービス登録者が本団体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。

※※※※※※※※※※

※大文字の文字は区別されません

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

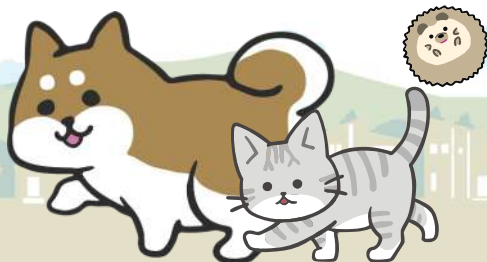
it! Simple!

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!



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

It's still hot, though
As the weather gets better

Mountain climbing and
I feel like going for a walk~

Jul

Aug

Sep

A good season for walking

A good time to learn
about winter health

It's hot at times
It was cold, and I wasn't feeling well

Oct

Nov

Dec

Walking available during the New Year holidays

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

Come, spring
Hurry up