

April 24, 2025  
Japan System Techniques Co., Ltd.

## A New Approach to Improving Wellbeing at Companies

### Combining Medical Big Data and Mental Health Measures

Japan System Techniques Co., Ltd. (JAST) hereby announces that JAST and MentaRest, Inc. (Head office: Shibuya-ku, Tokyo, Representative Director: Kohei Iino) have started working together for a demonstration trial involving the use of JAST's medical big data. The objective is to achieve the visualization of quantitative benefits of the MentaRest avatar counseling service of MentaRest.

### 株式会社MentaRestと定量的な効果の 可視化を目的とする実証実験に向けた連携を開始

Start of a cooperation with MentaRest Inc. for a demonstration trial  
for the visualization of quantitative benefits



メディカルビッグデータとアバターカウンセリングを融合し、成長を加速

Combining medical big data and avatar counseling for faster growth

#### ■ Cooperation with MentaRest and the Demonstration Trial

In Japan, there is an urgent need to maintain an adequate supply of labor and improve the productivity. According to one survey, 82.7% of people in Japan have high levels of uncertainty or stress about their jobs, pointing to growing demand for mental health measures at companies. There is interest in digital mental health services that use artificial intelligence and virtual reality, but more evidence for proving the effectiveness of these services is needed.

JAST and MentaRest will start a demonstration trial for the purpose of assessing the effectiveness of digital mental health services at companies. The trial involves the digital measurement and analysis of the mental health and productivity of employees using JAST's medical big data. Data will be used for clearly demonstrating benefits concerning mental health with the aim of increasing the use of digital mental health services at companies in Japan.

### ■ About MentaRest

MentaRest is a start-up company that uses metaverse avatars to perform counseling for the employees of a company with the objective of predicting mental health issues.

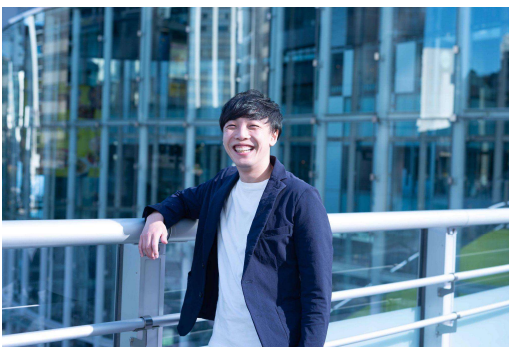
Using avatars facilitates counseling without revealing the identities of participating individuals. This reduces one major hurdle for many people about counseling. In addition, counseling activities are based on scientific guidelines and principles established by clinical psychologists.

MentaRest website: <https://mentarest-corp.com/>



### ■ Remarks by MentaRest and JAST

**Kohei Iino, Representative Director of MentaRest, Inc.**

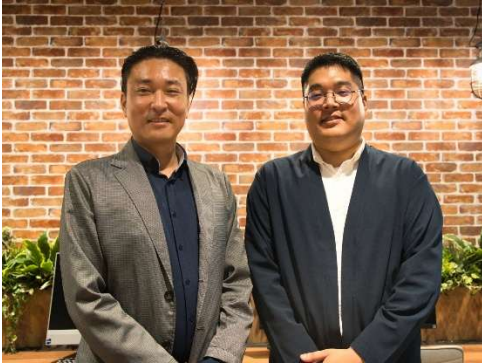


A group of people including individuals who had experienced mental health issues, including me, started this company and conduct business activities. I learned from my own experience the importance of facing day-to-day mental health issues. I am also well aware of the difficulties of receiving appropriate information in today's society and making changes in my behavior based on that information. This is why we created MentaRest as a service that anyone can use with ease and that can become part of our daily activities.

Bringing together JAST's expertise for using medical big data and our ability to provide solutions will be a source of new value for solving mental health issues at companies. I am very happy to be part of this important project.

In addition, this cooperation with JAST strengthens our activities for accomplishing our corporate vision of creating an environment where everyone can do their jobs, enjoy their lives and continue to grow with confidence.

**Taisuke Ichihara, General Manager (left) and Dawool Choi, Deputy Manager (right) of the Future Co-Creation Laboratory, JAST**



JAST has played an important role in solving social issues by using our enormous volume of medical big data involving health care and wellbeing and expertise for the analysis of this information. This demonstration trial with MentaRest is extremely important because we can explore new approaches for mental health activities at companies.

In recent years, low productivity, high attrition rates and other problems resulting from employee stress have had a serious impact on the operations of many companies. Medical big data accumulated by JAST also demonstrates the growing magnitude of problems concerning adjustment disorders, depression and other mental health issues. By using JAST's medical big data, this demonstration trial will produce quantitative and objective assessments of the benefits of services provided by MentaRest.

We expect that this trial will result in proof of specific benefits concerning lower stress and higher productivity among the employees of companies. This will help to enable companies to use digital mental health services with confidence. Another goal is to use the collective strengths of JAST and MentaRest for the provision of a broad range of innovative solutions for creating healthy and productive workplace environments.

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