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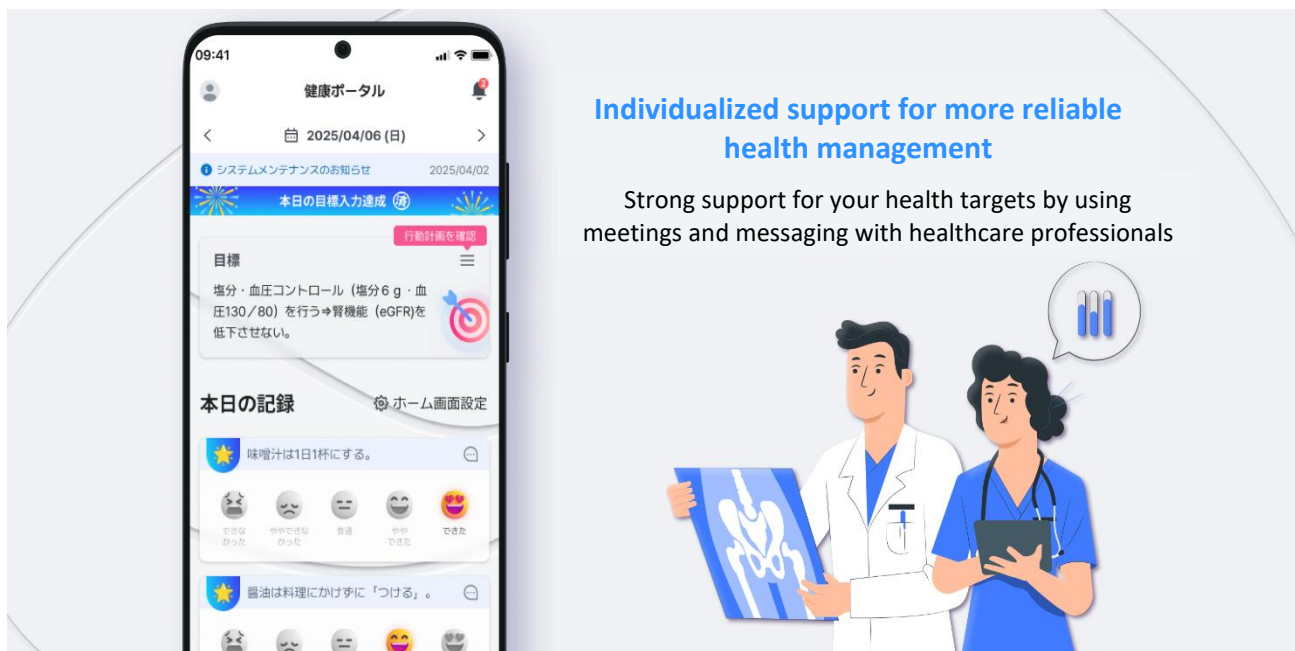
Japan System Techniques Co., Ltd.

## Start of the “TomoBe” PHR App Advances Health Guidance from Intermittent to Continuous Support

- Support for altering behavior by using data extending from the past to the future -

Japan System Techniques Co., Ltd. (Head office: Kita-ku, Osaka; President and CEO: Taku Hirabayashi; JAST) started providing the “TomoBe” personal health record (PHR) app that is structured specifically for guidance for staying healthy. Launched on May 28, 2026, “TomoBe” is offered to local governments, health insurance associations and other organizations involved with health insurance.

By providing visualization of targets and continuous assistance, this app for PHR, which includes lifetime data about an individual’s health status and medical care, functions as a platform for permanently altering the behavior of app users while raising services for staying healthy to a higher level.



Individualized support for more reliable health management

Strong support for your health targets by using meetings and messaging with healthcare professionals

### ■ About “TomoBe”

“TomoBe” integrates data on daily activities involving health, such as steps per day, weight, calorie intake and other items, check-up data and forecasts for diseases. Combining this information provides the visualization of an individual’s current health and provides continuous support for altering behavior in the best possible way for each person.

This new app also provides the visualization of targets established when giving guidance for staying healthy, monitors a person’s health every day, provides online consultations, and has other capabilities. Expanding this guidance from the intermittent system of the past into daily support for healthy living will help raise the level of activities for helping people stay healthy.

## ■ Background

The environment for healthcare insurance systems for people in Japan is changing due to the growing need for a longer healthy lifespan and for holding healthcare expenditures to a suitable level. These trends are making the activities of health insurers to help people stay healthy even more important.

Conventional assistance for staying healthy is usually only given from time to time based on data check-up data. Assistance should consist of the continuous monitoring of changes in everyday behavior and support for making necessary changes.

The government of Japan is working on utilizing PHR data based on its Basic Policies for Economic and Fiscal Management and Structural Reform, which is issued annually, and other guidelines. For National Health Insurance, the government has added PHR use as an item to be evaluated for the prevention of serious diseases in the Health Insurer Action Support Program. Due to these and other activities, there are demands for more advanced measures based on data to help people stay healthy.

## ■ Main features of “TomoBe”

### 1. Disease forecast by using knowledge obtained from using medical care and check-up data

JAST has expertise acquired over many years concerning the use of medical care and check-up data. The use of a disease forecasting model developed by JAST based on this data creates the visualization of disease within five years of a medical check-up.

Providing this information gives people a better understanding of their risk of developing a disease in the future. This understanding may encourage people to alter their behavior and make possible health guidance that people are more likely to believe.

### 2. Data use extending from the past to the future

“TomoBe” combines daily activity and check-up data with disease forecasts. This allows the use of changes in data in prior years to determine the risk of developing a disease in the future. Going well beyond simple record keeping and browsing, this new app is a platform that provides continuous support for altering behavior.

### 3. Target-driven designs that raise the effectiveness of health guidance

Most current PHR apps were developed primarily for the purpose of recording health data.

“TomoBe” is designed to accomplish the goal of making health guidance more effective by facilitating the visualization of progress toward achieving targets. For example, progress of an individual regarding targets established by guidance for staying healthy is displayed at the top of the app screen.

Even on days when no guidance for staying healthy is given, individuals can easily continue to watch their targets. As a result, people should be more motivated to alter their behavior and remain committed to these changes.

### 4. Continuous assistance that fills in gaps in health guidance

“TomoBe” supports conventional face-to-face meetings for healthy living support as well as online meetings. There is also a capability for healthcare professionals who give guidance that facilitates the centralized oversight of PHR data and progress toward targets. In the past, guidance for staying healthy was usually restricted to information obtained at meetings that took place once or twice every month. With this new app, support can be given that includes even everyday behavior and changes in an individual’s condition.

### ■ Upcoming activities

JAST plans to use “TomoBe” to assist health insurers upgrade their data-based programs for helping people stay healthy. Another goal is to contribute to altering the behavior of people regarding their health and making people healthier while holding healthcare expenditures to a suitable level.

The need for data-based disease prevention measures and actions to prevent health problems from becoming serious is expected to become even greater as Japan’s population declines and ages and healthcare expenditures climb.

To help solve this problem, JAST plans to continue expanding the use of health insurance invoices<sup>\*1</sup> and other medical big data. Rather than simply analyzing data, the aim is to use data for meaningful changes in behavior. The objectives are to contribute to altering behavior and optimizing disease prevention measures, which are key elements of the medical digital transformation.

Furthermore, by using these initiatives, JAST aims to achieve a fusion of people and technologies for the purpose of achieving a well-being society by creating highly effective services.

★The meaning of “TomoBe”

The “tomo” of “TomoBe” expresses the app’s ability to make people healthier tomorrow as well as to work together (“tomo” in Japanese) for raising awareness of the importance of healthy life styles as healthy living assistance is provided continuously. “Be” expresses the app’s role as a platform for helping achieve a well-being society.

\*1. Health insurance invoices

When an individual receives a medical treatment covered by insurance, the healthcare institution sends an invoice listing the procedures and amounts due to the insurance company or organization. For medical and dental care, an invoice listing the procedures and amounts due is sent. For pharmacies, an invoice listing the drugs supplied and amounts due is sent. For nurses visiting individuals at home, an invoice listing home nursing care services and amounts due is sent. One invoice for each patient and individual healthcare institution is prepared every month. Invoices contain information about the reasons that individuals received medical care, the cost of the care and other items. JAST converts this information into a database for subsequent utilization.

## ■ About JAST



日本システム技術株式会社  
Japan System Techniques Co., Ltd.

Japan System Techniques (JAST) is an IT company listed on the Tokyo Stock Exchange Prime Market that is not affiliated with any other company. JAST's goal is to become a problem-solving company recognized by everyone. Guided by the philosophy that "refining and upgrading the skills of people comes first ahead of everything else," JAST has many programs for the advancement of employees. JAST builds long-term relationships with customers based on trust by working closely with customers while providing one-stop support extending from defining requirements to the provision of maintenance services. Two major products are the GAKUEN series, an integration package system for universities, and the BankNeo, an information integration package for financial institutions. In the medical big data field, JAST sells the JMICS, an automatic inspection system for health insurance claims, the iBss, an insurers business support system for the digital transformation of insurance administrative processes and other products. Backed by growing businesses that originate with a dedication to helping solve social issues, JAST is dedicated to creating a sustainable society and increasing its corporate value.

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Established: March 26, 1973  
Capital: 1,535 million yen  
Employees: Consolidated 1,683 (as of March 31, 2026);  
Non-consolidated 1,202 (as of March 31, 2026)  
Fiscal year end: March  
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