

August 3, 2026
Japan System Techniques Co., Ltd.

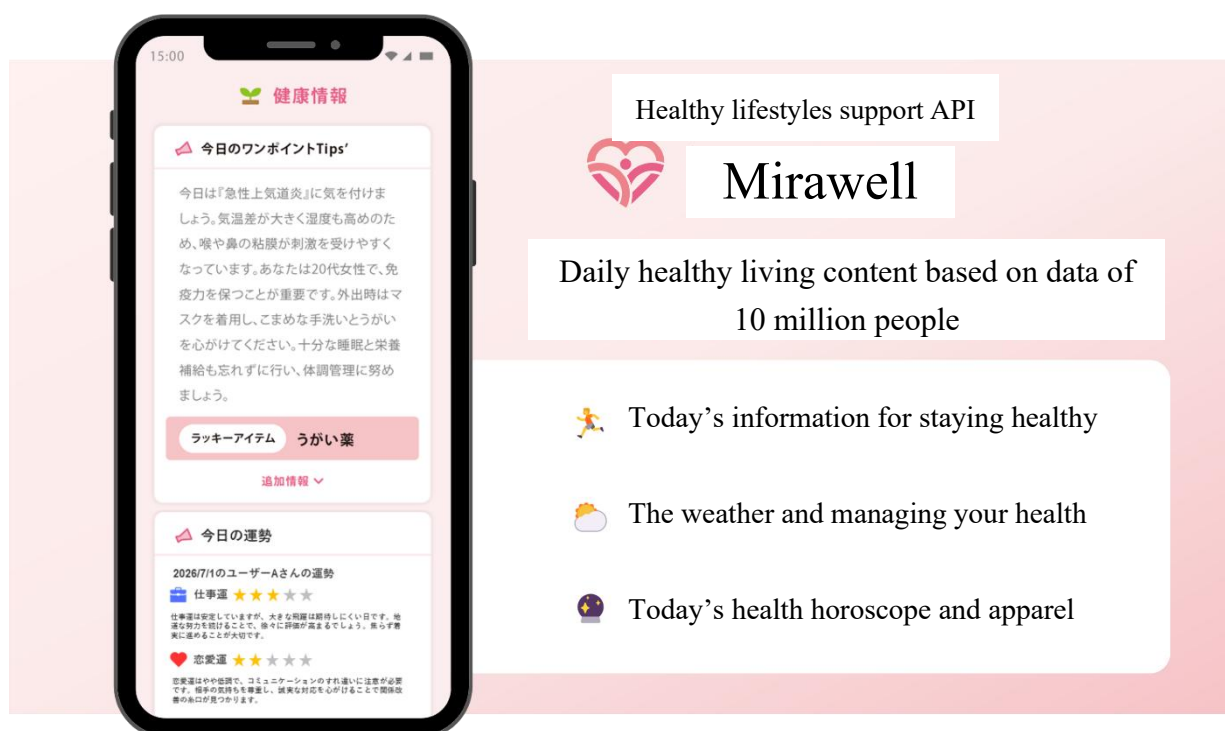
Start of the Mirawell API with Function Selections for the Automatic Distribution of Health Information Using Generative AI and Medical Big Data for 10 Million People

- Weather, horoscopes and other content encourage behavior modification among people who currently have no interest in a healthy lifestyle -

Japan System Techniques Co., Ltd. (Head office: Kita-ku, Osaka; President and CEO: Taku Hirabayashi; JAST) has started offering the Mirawell API that combines JAST's REZULT medical big data covering about 10 million people and generative AI. Mirawell provides support for healthy lifestyles with the ability to select functions and the automatic distribution of health and lifestyle information based on each user's gender, age and location.

In addition, ConCare Inc. (Head office: Toshima-ku, Tokyo; President and CEO: Yu Ishida) has decided to start using Mirawell in its ConCare mental health support service.

People currently using a service or smartphone API for good health can add Mirawell to simplify daily updates of content, use the service or API more often, and receive other benefits.



■ Background of the development of Mirawell -Support for continuous preventive measures and behavior modification-

As Japan's population declines and ages, concerns are growing about the growth of healthcare expenditures and the sustainability of public sector health insurance and pension programs. Demands are increasing for a shift in healthcare away from the previous emphasis on treating problems to focusing instead on prevention and behavior modification. However, maintaining contact with people with little interest in staying healthy is difficult. Furthermore, these people

are unlikely to alter their lifestyles even if information about healthy living can be provided to them. Another issue is the inability of companies and public-sector organizations that provide healthcare and wellness services to create and distribute high quality content continuously due to the large volume of work that would be required.

JAST developed and launched Mirawell as one way to solve these problems concerning healthy lifestyles in society and at companies and the public sector. To play a role in creating a society where wellbeing is a priority, JAST has been working on ways to use ICT and medical big data to solve social issues concerning health and medical care. Mirawell is expected to be a new step to create solutions.

■ Features of Mirawell

(1) Flexible modular design allows selecting only necessary functions

Unlike conventional packaged services, Mirawell does not require the use of all functions. People can select only the functions needed for a specific purpose or problem. For example, people can start with a single function and then add more in stages depending on how the API is used. This flexibility holds down the cost and time needed to start using Mirawell. In addition, Mirawell can be used easily with an existing API environment by simply adding Mirawell to the services and smartphone APIs an individual is currently using.

(2) Reliability and continuity due to use of medical big data and generative AI

Mirawell is based on JAST's REZULT medical big data, which covers about 10 million people, and incorporates generative AI. The result is the low cost and continuous automatic production and distribution of quality content.

■ API functions of Mirawell

• Health information

Mirawell distributes health information about diseases and injuries, actions to take and other subjects that match the characteristics of each user. Health information supplied by Mirawell is displayed in a format that uses REZULT statistics. Incorporating medical big data raises the reliability of information provided.

• Weather information and health effects

The API gives users current weather information and how the weather may affect their health.

• A variety of useful content

Mirawell distributes information that helps people enjoy their lives. For example, information may include the day's horoscope or a recommendation for the type of apparel to wear.

Every day, Mirawell uses medical big data for the automatic production by generative AI of information based on the weather about preventing diseases or injuries that occur more often under current conditions. This information even includes ideas for the clothing to select. Distributing this content creates a natural point of contact with people by supplying information that they want to see every day. As a result, Mirawell is an effective way to provide health information at a high level to people who normally have little interest in healthy lifestyles.



Today's Weather and health information
2026/11/12のお天気

最高気温 26.7℃	頭痛リスク	やや注意	乾燥リスク	リスクなし
最低気温 19.2℃	熱中症リスク	やや注意	紫外線強度	強い

曇りがちで午後は小雨の可能性が高く、湿度も高めです。紫外線は中程度なので、日差しによる肌ダメージに注意が必要です。湿度が高いため、蒸し暑さを感じやすく、体調管理に気をつけてください。花粉はほぼありませんが、雨で交通機関の遅延や足元の

Ideas for the clothing to select

おススメの服装




朝晩は涼しいので薄手の長袖やカーディガンを用意し、日中は気温が上がるため半袖でも過ごせます。午後から雨の可能性が高いので、防水性のある軽いレインコートや折りたたみ傘を持ち歩くと安心です。蒸し暑さ対策に通気性の良い服装を心がけてください。

■ How ConCare uses Mirawell

The ConCare mental health support service uses the health information provision of Mirawell, which is one of its three functions. Information about health and self-care that matches the characteristics of each user is automatically distributed. Adding this capability raises the value of ConCare and supports constant behavior modifications by users.

There is an urgent social need for the prevention of mental health problems. Combining ConCare and Mirawell produces significant benefits by enabling Mirawell to assist with physical wellbeing as well as with maintaining a sound mind. This service that allows people to be aware on their own of issues every day will assist with enabling participants to understand their present condition and take actions for improvements.

■ Remarks by Yu Ishida, President and CEO of ConCare Inc.

ConCare is a service that assists with the awareness of changes in people and organizations at an early stage. This is accomplished through the visualization of an individual's mental and physical condition on a daily basis. I think the critical point is how this process enables individuals, after issues are revealed, to make health and proper behavior priorities in their daily activities.

Mirawell uses many years of accomplishments to be a source of information about staying healthy. I believe that the combination of information that users trust and ConCare's ability to be part of their lives every day has enormous value. Furthermore, Mirawell is compatible in many ways with the care that ConCare provides for the mind and body. This is why I decided to start using Mirawell as one way to make users even more aware of the importance of good health.

Our partnership with JAST allows ConCare users to monitor their own physical and mental condition. I also expect that the combination of ConCare and Mirawell will make it possible for people to have easy access to information that is useful for a healthy lifestyle day after day. I hope that information about health will lead to frequent communications about this subject, resulting in the creation at workplaces and organizations of a culture of constant awareness of one's physical and mental health.

■ Upcoming activities

JAST is dedicated to enabling companies to support in their own way the healthy lifestyles of consumers with no need to spend considerable time for establishing and operating content production and distribution systems. This is why JAST created Mirawell as a service that helps people lead healthy lives while being a source of enjoyment. JAST will continue to seek more partners for Mirawell while upgrading its functions with the objective of helping companies easily extend support to employees for improving their health.

<Reference> Mirawell website: <https://www.jastlab.jast.jp/healthadviceapi/>

■ 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. Business activities encompass education, healthcare, finance, telecommunications, the public sector and many other social infrastructure categories. 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
URL: <https://www.jast.jp/en/>

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