

Yamato Group Health Declaration

We work to build health so that each and every employee is both physically and mentally healthy, is constantly filled with the joy of working, and can contribute to the creation of a more enriched society.

Three Initiatives

1. Tackling lifestyle-related diseases

Lifestyle-related diseases can be prevented by continuing healthy lifestyle habits little by little each day.

Yamato Group supports employees who review their lifestyle habits and are working to improve their health.

2. Mental health initiatives

Mental health problems can affect anyone.

For this reason, the Yamato Group values awareness and responds at an early stage.

3. Anti-smoking initiatives

Even if a person wants to quit smoking, it can sometimes be difficult to succeed.

The Yamato Group is working to create an environment that makes it easier for employees to quit smoking.