

**Personal Health Portal  
MY HEALTH WEB  
User's Guide**

**Functions for Users**

September 26, 2023

Hitachi, Ltd.

## Revision History

No.	Ver.	Change	Description	Date	Changed by
1	1.0	Manual created		3/31/2023	Ito
2	1.1	3.3. Spending MY Points Step 9	Changes in 『住所呼出』 .	9/26/2023	Takashima

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## 1. Logging In

You can log in to My Health Web (hereinafter *MHW*) from the Hitachi Health Insurance Society website.

To use MHW, you must provide the email address and password you use to log in to the Hitachi Group authentication platform (hereinafter *HUID*), or a Hitachi Health Insurance Society Authentication ID. If you do not have an ID, you must apply for one.

### 1.1. How to log in

#### Step 1. Access the Hitachi Health Insurance Society website.



- Access the Hitachi Health Insurance Society website.
- Hitachi Health Insurance Society website <https://www.hitachi-kenpo.or.jp/>

#### Step 2. Click the [MY HEALTH WEB] banner.



- Click the (1) [MY HEALTH WEB] banner on the left side of the website.

### Step 3. Click [HUID による認証].

日立健康保険組合  
HITACHI HEALTH INSURANCE SOCIETY

日立健保加入者専用のメニューを利用するための認証画面です。  
This is the authentication page to access the exclusive menu for Hitachi Health Insurance Society members.

認証方法を選んでください。  
Please select an authentication method.

(1) HUID による認証  
Authentication by HUID

(2) 日立健保認証ID による認証  
Authentication by Hitachi Health Insurance Society Authentication ID

HUIDをお持ちの方で、日立健保認証IDを新たに作成する方、日立健保認証IDまたはパスワードをお忘れの方は[こちら](#)から  
If you have an HUID and would like to create a new Hitachi Health Insurance Society Authentication ID, or if you forgot your Hitachi Health Insurance Society Authentication ID or password, [click here](#).

HUIDをお持ちでない方、日立健保認証IDを新たに作成する方、日立健保認証IDまたはパスワードをお忘れの方は[こちら](#)から  
If you do not have an HUID and would like to create a new Hitachi Health Insurance Society Authentication ID, or if you forgot your Hitachi Health Insurance Society Authentication ID or password, [click here](#).

日立健保認証IDのパスワードを変更する場合は[こちら](#)から  
[Click here](#) to change the password for your Hitachi Health Insurance Society Authentication ID.

閉じる  
Close

- Select the authentication method.
- If you are the insured person, click (1) [HUID による認証].
- If you are a dependent, click (2) [日立健保認証ID による認証].
- Users of the MHW app must log in by clicking [日立健保認証 ID による認証]. App users cannot use a HUID to log in.

### Step 4. Enter your ID and password and then click [ログイン].

If you are the insured person

以下に接続中  
Hitachi Group - Prod アカウントでサインインして JSP-ITD.  
Umbrella-Proxy にアクセスしてください

HITACHI  
Inspire The Next

サインイン

Okta FastPassでサインインする

ユーザー名

サインイン状態を維持する

次へ

アカウントのログインを解除しますか?  
ヘルプ

Okta提供 プライバシーポリシー

- A window appears in which you can enter your ID.
- If you are the insured person, enter your username and password in [ユーザー名] and [パスワード], enter any other requested information, and sign in.
- If you are a dependent, enter your Hitachi Health Insurance Society Authentication ID in (1) [日立健保認証 ID], and enter your password in (2) [パスワード]. After entering your ID and password, click (3) [ログイン].

Note: If you do not have an ID or have forgotten your ID or password, please follow the instructions on the screen.

If you are a dependent

日立健康保険組合  
HITACHI HEALTH INSURANCE SOCIETY

日立健保加入者専用のメニューを利用するための認証画面です。  
This is the authentication page to access the exclusive menu for Hitachi Health Insurance Society members.

「日立健保認証IDとパスワード」  
を入力し、ログインしてください。  
Enter your Hitachi Health Insurance Society Authentication ID  
and password and log in.

(1) 日立健保認証ID (Hitachi Health Insurance Society Authentication ID)

(2) パスワード (Password)

戻る  
Back

(3) ログイン  
Log in

HUIDまたは日立健保認証IDをお持ちでない方、日立健保認証IDをお忘れの方は[こちら](#)から  
[Click here](#) if you do not have an HUID or Hitachi Health Insurance Society Authentication ID or if you forgot your Hitachi Health Insurance Society Authentication ID.

日立健保認証IDのパスワードを変更する場合は[こちら](#)から  
[Click here](#) to change the password for your Hitachi Health Insurance Society Authentication ID.

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## Step 5. Click [同意する].

個人向け健康ポータルサイト  
MY HEALTH WEB  
日立健康保険組合

(1) 個人向け健康ポータルサイト・マイヘルスウェブ

個人向け健康ポータルサイト「MY HEALTH WEB」のご利用に際しては、以下の利用規約に同意していただく必要がありますので、よくお読みになり、末尾の同意確認ボタンにより同意の上でご利用ください。

1. MY HEALTH WEBでは、個人情報を暗号化して管理しています。暗号化された個人情報を画面へ表示するにあたり、セキュリティキーをご使用中の端末（パソコン/タブレット/スマートフォン）へ自動インストールいたします。なお、インストールしたセキュリティキーは、ログアウト操作時に削除いたします。
2. MY HEALTH WEBでは、日立健康からのお知らせを受信するために、メールアドレスの登録が必要となります。
3. 本利用規約に同意した場合、ご自身の被診結果情報と、被保険者の方については被扶養者の医療費情報を含めた「医療費通知書（現金給付決定通知書）」を参照することが可能になります。参照を希望しない場合は、本利用規約に同意した後、MYページ上部の各種設定メニューより設定変更することができます。
4. 医療費通知を紙で受け取っている方は、本利用規約に同意することにより紙の配付が停止されますので、同意した翌月以降はMY HEALTH WEBからご自身で医療費通知をご確認いただくこととなります。  
※16歳未満の方は、保護者の同意が必要です。

上記の内容に同意される場合は、下記の「同意する」ボタンを押してください。  
メールアドレス登録画面へ切り替わります。  
同意されない場合は、下記の「同意しない」ボタンを押してください。  
本画面を終了し、加入者向けメニュー画面へ戻ります。

(2)

MY HEALTH WEBヘルプデスク  
電話番号：03-5213-4467  
平日 9:00～17:00  
(※土・日・祝日・年末年始を除きます)

■ A window appears asking you to agree to the terms of use (first visit only).

■ Read the terms in (1) carefully, and if you agree, click (2) [同意する].

■ The following explains the information in (1).

#### MY HEALTH WEB: Health Portal Site for Individuals

Before using the MY HEALTH WEB health portal site for individuals, read the following terms of use carefully. If you agree to the terms of use, click **I Agree** at the bottom of the page.

1. MY HEALTH WEB encrypts the personal information it handles. When displaying encrypted personal information on screen, a security key is automatically installed on the user device (PC, tablet, or smartphone). The security key is deleted when you log out.
2. MY HEALTH WEB requires you to register an email address to receive notifications from the Hitachi Health Insurance Society.
3. After agreeing to these terms of use, insured people and dependents can see the results of their own health checkups, and insured people can see their “Notice of Medical Costs/Notice of Cash Benefit Decision” which includes information about medical care costs incurred by dependents. If you do not wish to see this information, after agreeing to these terms, change the settings in the applicable settings menu at the top of the MY page.
4. If you currently receive paper notices of medical care costs, the sending of paper notices will stop after you agree to these terms of use. From the following month, notices of medical care costs must be viewed directly in MY HEALTH WEB.

Note: People 15 and younger require the consent of a parent or guardian.

If you agree to the above, click the [同意する] button below.

You will be taken to a window in which you can register an email address.

If you do not agree to the terms of use, click the [同意しない] button below.

The window will close, and you will be returned to the members menu.

Note: Items 3. and 4. can be changed in the settings after you agree to the terms of use. For details about how to change the relevant settings, see [2.3. Changing your consent to view results of health checkups in MY HEALTH WEB](#) and [2.4. Changing your consent to view medical care costs in MY HEALTH WEB](#).

Note: This window will not appear if you have already agreed to the terms of use. In this case, go to step 6.

If you click (2) [同意しない], you are returned to the window in step 2. Note that you will be unable to use MHW if you do not agree to the terms of use.

個人向け健康ポータルサイト  
日立健康保険組合

個人向け健康ポータルサイト・マイヘルスウェブ

個人向け健康ポータルサイト「MY HEALTH WEB」のご利用に際しては、以下の利用規約に同意していただく必要がありますので、よくお読みになり、末尾の同意確認ボタンにより同意の上でご利用ください。

1. MY HEALTH WEBでは、個人情報を番号化して管理しています。番号化された個人情報をご画面へ表示するにあたり、セキュリティ対策として使用中の端末（パソコン/タブレット/スマートフォン）へ自動インストールいたします。なお、インストールしたセキュリティキーは、ログアウト直後に削除いたします。
2. MY HEALTH WEBでは、日立健康からのお知らせを受信するために、Eメールアドレスの登録が必要となります。
3. 本利用規約に同意した場合、ご自身の健康保険情報と、被保険者の方については被扶養者の医療費情報を含む「医療費通知書 実績金給付決定通知書」を参照することが可能となります。参照を希望しない場合は、本利用規約に同意した後、MYページ上部の各種設定メニューより設定変更することができます。
4. 医療費通知書を受け取っている方は、本利用規約に同意することにより紙の配付はされませんので、同意した翌月以降はMY HEALTH WEBからご自身で医療費通知をご確認いただくこととなります。  
※16歳未満の方は、保護者の同意が必要です。

上記の内容に同意される場合は、下記の「同意する」ボタンを押してください。  
メールアドレス登録画面へ切り替わります。  
同意されない場合は、下記の「同意しない」ボタンを押してください。  
本画面を終了し、加入者向けメニュー画面へ戻ります。

同意する (2) 同意しない

日立健康保険組合  
MY HEALTH WEBヘルプデスク  
電話番号：03-5213-4467  
平日 9:00～17:00  
(※土・日・祝日・年末年始を除きます)

## Step 6. Enter your email address and click [登録する].

個人向け健康ポータルサイト  
日立健康保険組合

個人向け健康ポータルサイト・マイヘルスウェブ

(1) 本ポータルサイトをご利用になるには、メールアドレスの登録が必要となります。  
健康組合からのお知らせを、ご登録いただいたメールアドレス宛てに通知いたしますのでご了承ください。  
なお、職場や家族など、複数の方々で共同利用しているメールアドレスでの登録はお勧めできません。  
また、携帯電話、スマートフォンでの登録は、こちらからお送りするメールが迷惑メールフォルダに入る場合がございます。  
下記ドメインが受信できるように設定をお願いいたします。  
「@mhweb.jp」

(2) 登録用メールアドレス

(3) 登録用メールアドレス (確認用)

(4) 登録する

日立健康保険組合  
MY HEALTH WEBヘルプデスク  
電話番号：03-5213-4467  
平日 9:00～17:00  
(※土・日・祝日・年末年始を除きます)

■ A window appears in which you can register your email address.

■ Read the notes in (1) regarding email address registration.

■ Enter your email address in (2) [登録用メールアドレス] and (3) [登録用メールアドレス (確認用)].

■ After entering your email address, click (4) [登録する].

■ The notes in (1) regarding email address registration are as follows:

You must register an email address before using the portal site.

The email address you register will be used by the Hitachi Health Insurance Society to send you important information.

We advise against using an email address that is shared by multiple parties, such as work colleagues or family members.

If you register an email address associated with a mobile phone or smartphone, emails from MHW will sometimes end up in the spam folder.

Please change your settings to ensure that emails from the following domain are not recognized as spam:

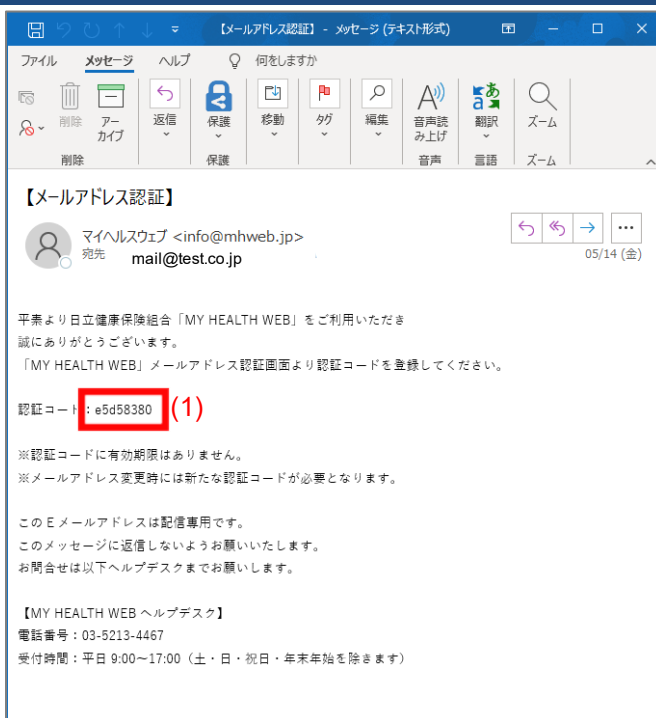
@mhweb.jp

Note: After registering an email address in this window, you can change the email address in the MHW settings.  
For details about how to change the registered email address, see [2.1. Changing your registered email address](#).

If an error message appears, check the following and then enter your email address again:

- Did you enter your email address correctly?
- Did you enter the same information in (2) [登録用メールアドレス] and (3) [登録用メールアドレス (確認用)]?
- Does the email address contain 100 or fewer characters?
- Did you use only single-byte characters?
- Did you remember to include the part after the @ sign?

## Step 7. Receive the verification code by email.



- An email containing a verification code (with the subject line 【メールアドレス認証】) is sent to the email address you registered.
- Open the email and make a note of the code, which is beside (1) [認証コード] in the message body.

Note: The email might not arrive immediately. Please wait a while.

- The contents of the email are as follows:

Subject: Email address verification

Thank you for using the Hitachi Health Insurance Society's MY HEALTH WEB portal.  
Register your verification code in the email address confirmation window in MY HEALTH WEB.  
Verification code: xxxxxxxx  
Note: This verification code does not expire.  
Note: You will need a new verification code if you change your email address.  
This message was sent from a send-only address.  
Do not reply to this message.  
Please make any inquiries to the following helpdesk:  
MY HEALTH WEB Help Desk:  
Phone: 03-5213-4467  
Hours: 9:00 to 17:00 on weekdays (closed on Saturdays, Sundays, public holidays, and end of year holidays)



## Step 8. The email address verification window appears.

個人向け健康ポータルサイト 日立健康保険組合

**MY HEALTH WEB**

メールアドレス認証画面

■ メールアドレスを変更する

ご登録いただいているメールアドレスをご確認いただき、必要に応じて変更ください。変更が不要な場合には、「認証コードを送信する」より「認証コード送信」ボタンをクリックしてください。なお、職場や家族など、**複数の方々と共同利用しているメールアドレスでの登録はお勧めできません。**また、携帯電話、スマートフォンのメールアドレスでご登録いただく場合には、こちらからお送りするメールが迷惑メールフォルダに入る場合がございます。下記ドメインが受信できるように設定をお願いいたします。

各携帯キャリアのメール受信設定方法は、リンクよりご確認ください。 [DOCOMO](#) / [au](#) / [SoftBank](#)

(1) 登録メールアドレス: mail@test.co.jp

新しいメールアドレス:

新しいメールアドレス (確認用):

認証コード 未認証

変更する

■ 認証コードを送信する

認証コードを取得されていない方は「認証コード送信」ボタンを押してください。認証コードを受信するまでにお時間がかかる場合がございます。

認証コード送信

■ 認証コードを登録する

登録メールアドレスに届いた認証コードを入力し「登録する」ボタンを押してください。

認証コード:

登録する

MY HEALTH WEBヘルプデスク

電話番号: 03-5213-4467  
平日 9:00~17:00  
(※土・日・祝日・年末年始を除きます)

[MY HEALTH WEBとは / 個人情報の取り扱いについて](#)

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- The email address verification window appears.
- Confirm that the email address in (1) [登録メールアドレス] is correct.

Note: If the registered email address is incorrect, enter the correct email address in (2) [新しいメールアドレス] and (3) [新しいメールアドレス (確認用)] and then click (4) [変更する].

個人向け健康ポータルサイト 日立健康保険組合

**MY HEALTH WEB**

メールアドレス認証画面

■ メールアドレスを変更する

ご登録いただいているメールアドレスをご確認いただき、必要に応じて変更ください。変更が不要な場合には、「認証コードを送信する」より「認証コード送信」ボタンをクリックしてください。なお、職場や家族など、**複数の方々と共同利用しているメールアドレスでの登録はお勧めできません。**また、携帯電話、スマートフォンのメールアドレスでご登録いただく場合には、こちらからお送りするメールが迷惑メールフォルダに入る場合がございます。下記ドメインが受信できるように設定をお願いいたします。

各携帯キャリアのメール受信設定方法は、リンクよりご確認ください。 [DOCOMO](#) / [au](#) / [SoftBank](#)

登録メールアドレス: mail@test.co.jp

新しいメールアドレス:  (2)

新しいメールアドレス (確認用):  (3)

変更する (4)

■ 認証コードを送信する

## Step 9. Register the verification code.

■ 認証コードを登録する

登録メールアドレスに届いた認証コードを入力し「登録する」ボタンを押してください。

(1) 認証コード:

(2)

- The email sent in step 9 contains the verification code. Enter the verification code in (1) [認証コード].
- Click (2) [登録する].

Note: If you enter an incorrect verification code

If you enter an incorrect verification code, the message **認証コードが一致しません** appears. Enter the correct verification code.

■ 認証コードを登録する

登録メールアドレスに届いた認証コードを入力し「登録する」ボタンを押してください。

認証コードが一致しません。

認証コード:

## Step 10. The home page appears.

個人向け健康ポータルサイト

日立健康保険株式会社

MY HEALTH WEB

MY POINT 32188 MY GOAL MY PAGE ご利用案内 よくある質問

医師情報 健康結果情報 健康情報 健康相談

スマートフォンによるスライドのストップは「2」、スタートは「1」、スライドの解除は「←」「→」を使用してください。

スマホ、歩数計登録

MY HEALTH WALKING、はらすまダイエットで歩数デバイスをご利用の方はこちらをクリック！

スマートフォンに初めて参加する人はこちらをクリック！！

今日の歩数

0歩

目標歩数：未設定

現在の体重

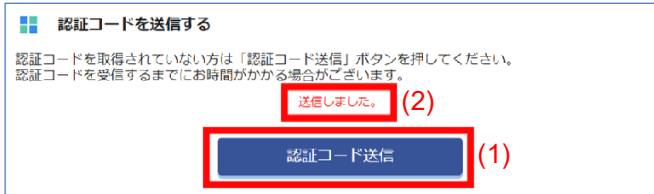
0kg

目標体重：未設定

- The MHW home page appears.
- In future visits, after logging in from the Hitachi Health Insurance Society website (the window in step 2), the MHW home page will appear directly.

## 1.2. Requesting a re-send of your verification code

### Step 1. Click [認証コード送信].



- If you need your verification code to be re-sent, click the (1) [認証コード送信] button.
- When you click (1) [認証コード送信], the message (2) 送信しました appears.
- An email containing the verification code is sent to the registered email address.
- After receiving the verification code, enter the code in the email address verification window.

## 2. Changing Settings

You can change your registered email address and email communication settings, and withdraw or give your consent to view medical care costs and the results of health checkups in MY HEALTH WEB.

### 2.1. Changing your registered email address

By registering an email address, you can receive the notices on the [MY メール] tab by email.

Operator

Insured person, dependent

#### Instructions

##### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

##### Step 2. Click [各種設定].



- Click (1) [各種設定] at the top right of the home page.

### Step 3. Enter your email address and click [変更する].

The screenshot shows the '各種設定' (Various Settings) page. The 'メールアドレスを変更する' (Change Email Address) section is highlighted with a red box. It contains the following text:

(1) IDやパスワードを忘れた場合、メールを通じて再設定のうえ統合が必要となりますので、個人用のメールアドレスのご登録をお勧めいたします。

(2) 健康組合からのお知らせを、ご登録いただいたメールアドレス宛に通知いたしますのでご了承ください。  
 なお、職場や家族など、複数の方々で共有されているメールアドレスでの登録はお勧めできません。  
 また、携帯電話、スマートフォンでのメールアドレスをご登録いただく場合には、こちらからお送りするメールが迷惑メールフォルダに入る場合があります。  
 下記ドメインが受信できるように設定をお願いします。  
 「@mhweb.jp」  
 各携帯キャリアのメール受信設定方法は、リンクよりご確認ください。DOCOMO / au / SoftBank  
 メールアドレスを変更すると、メールアドレスの登録画面に遷移します。変更したメールアドレス宛に認証コードが送られますので、お住まいの窓口に当たって登録して下さい。

(3) 登録メールアドレス: mail@rest.co.jp

(4) 新しいメールアドレス: [input field]

(5) 新しいメールアドレス (確認用): [input field]

(6) 変更する [button]

- The [各種設定] window appears. You can change your email address in the (1) [メールアドレスを変更する] area.
- Before changing your email address, carefully read the notes on email address registration in (2).
- Check the current email address in (3) [登録メールアドレス].
- Enter the new email address in (4) [新しいメールアドレス] and (5) [新しいメールアドレス (確認用)].
- After entering the new email address, click (6) [変更する]. The email address verification window appears.
- For details about how to enter your verification code, see [Chapter 6. Registering a Verification Code](#).

- The notes in (2) regarding email address registration are as follows:

This email address is an essential part of the process of recovering your ID or password if you are unable to access your account. For this reason, we recommend that you register your personal email address.

The email address you register will be used by the Hitachi Health Insurance Society to send you important information. We advise against using an email address that is shared by multiple parties, such as work colleagues or family members.

If you register an email address associated with a mobile phone or smartphone, emails from MHW will sometimes end up in the spam folder.

Please change your settings to ensure that emails from the following domain are not recognized as spam:  
 @mhweb.jp

When you change your email address, you will be taken to a window in which you can verify your email address. A verification code will be sent to the new email address. Register the verification code by following the on-screen instructions.

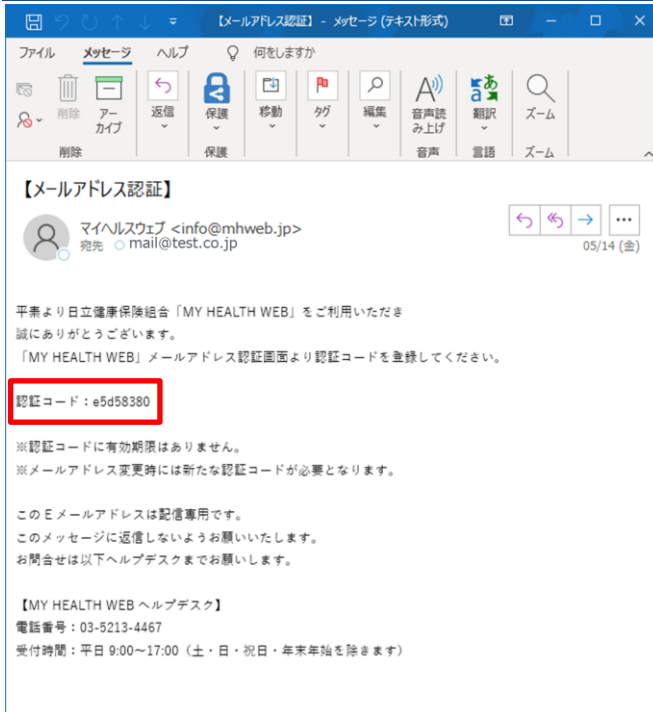
If an error message appears, check the following and then enter your email address again:

- Did you enter your email address correctly?
- Did you enter the same information in (4) [新しいメールアドレス] and (5) [新しいメールアドレス (確認用)]?
- Does the email address contain 100 or fewer characters?
- Did you use only single-byte characters?
- Did you remember to include the part after the @ sign?

Note: You can disable email communication from MHW. For details about how to change this setting, see [2.2. Changing email delivery settings](#).

Note: Click (6) **[変更する]** on each tab of the settings window after changing the settings on that tab. If you changed your email address or gave or withdrew consent to view the results of health checkups in MHW on another tab but did not click (6) **[変更する]**, the changes made on other tabs are discarded when you click (6) **[変更する]**.

#### Step 4. Receive a verification code by email.



- An email containing a verification code is automatically sent to the new email address.
- For details about the contents of this email, see step 10 in [Chapter 1. Logging In](#).

Note: Register the verification code in the email address confirmation window. For details about how to register the verification code, see [Chapter 6. Registering a Verification Code](#).

Note: The email might not arrive immediately. Please wait a while.

## 2.2. Changing email delivery settings

You can choose not to have MHW send emails to the registered email address.

Operator

Insured person, dependent

### Instructions

#### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

#### Step 2. Click [各種設定].



- Click (1) [各種設定] at the top right of the home page.

#### Step 3. Select or clear the [メール配信を拒否する] check box.



- The settings window appears. You can change the email delivery setting in the (1) [メール配信の受信可否を設定する] area.
- Identify whether the (2) [メール配信を拒否する] check box is selected.
  - Selected: Email delivery is disabled.
  - Cleared: Email delivery is enabled.
- To change the email delivery setting, click the (2) [メール配信を拒否する] check box to change its state.

#### Step 4. Click [変更する].

メール配信の受信可否を設定する

「メール配信を拒否する」をチェックするとEメールが届かなくなります。

メール配信を拒否する

(1)

個人情報表示の同意有無を変更する (医療費明細)

ご自身の医療費明細が画面に表示されることに同意いただける場合は、「個人情報表示 (医療費明細) に同意する」にチェックしてください。

個人情報表示 (医療費明細) に同意する

- If you changed the state of the check box, click (1) [変更する] to apply the change.

Note: Changing the state of the check box is not enough to change the underlying setting. You must also click (1) [変更する] for the change to take effect.

#### Step 5. Return to the settings window.

メール配信の受信可否を設定する

「メール配信を拒否する」をチェックするとEメールが届かなくなります。

(1)  メール配信拒否に設定しました。

メール配信を拒否する (2)

(3)

個人情報表示の同意有無を変更する (医療費明細)

ご自身の医療費明細が画面に表示されることに同意いただける場合は、「個人情報表示 (医療費明細) に同意する」にチェックしてください。

個人情報表示 (医療費明細) に同意する

- You are returned to the settings window.
- If the change was successful, one of the following messages (1) appears above the check box:
  - If you disabled email delivery:
 

**メールを配信拒否に設定しました**
  - If you enabled email delivery:
 

**メール配信拒否を解除しました**
- Confirm that the state of the (2) [メール配信を拒否する] check box reflects the setting you made in step 3.

Note: Click (3) [変更する] on each tab of the settings window after changing the settings on that tab. If you changed your email address or gave or withdrew consent to view the results of health checkups in MHW on another tab but did not click (3) [変更する], the changes made on other tabs are discarded when you click (3) [変更する].



## 2.3. Changing your consent to view results of health checkups in MHW

You can give or withdraw your consent to show health checkup results in MHW.

When you agree to show health checkup results in MHW, you can only see your own results. This information is never shown to other users.

### Operator

Insured person, dependent

Note: Even if you agree to show health checkup results in MHW, results will not be shown for health checkups conducted by medical institutions that do not register those results with the Hitachi Health Insurance Society.

## Instructions

### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

### Step 2. Click [各種設定].



- Click (1) [各種設定] at the top right of the home page.

### Step 3. Select or clear the [個人情報表示（健診結果）に同意する] check box.



- The settings window appears. You can make the change in the (1) [個人情報表示の同意有無を変更する（健診結果）] area.
- Identify whether the (2) [個人情報表示（健診結果）に同意する] check box is selected.
  - Selected: You consent to the display of personal information.
  - Cleared: You do not consent to the display of personal information.
- To change the consent status, click the (2) [個人情報表示（健診結果）に同意する] check box to change its state.

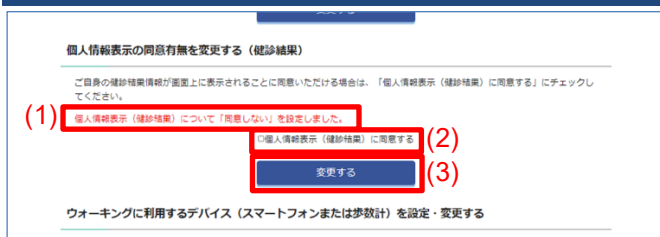
#### Step 4. Click [変更する].



- If you changed the state of the check box, click (1) [変更する] to apply the change.

Note: Changing the state of the check box is not enough to change the underlying setting. You must also click (1) [変更する] for the change to take effect.

#### Step 5. The settings window appears again.



- The settings window appears again.
- If the change was successful, one of the following messages (1) appears above the check box:
  - If you consented to the display of health checkup results:
 

**個人情報表示（健診結果）について「同意する」を設定しました。**
  - If you withdrew consent to the display of health checkup results:
 

**個人情報表示（健診結果）について「同意しない」を設定しました。**
- Confirm that the state of the (2) [個人情報表示（健診結果）に同意する] check box reflects the setting you made in step 3.

Note: To check health checkup results in MHW, you must consent to the display of personal information (health checkup results).

Note: Click (3) [変更する] on each tab of the settings window after changing the settings on that tab. If you changed your email address or enabled or disabled mail delivery on another tab in MHW but did not click (3) [変更する], the changes made on other tabs are discarded when you click (3) [変更する].

## 2.4. Changing your consent to view medical care costs in MY HEALTH WEB

You can change whether you agree to the “Notice of Medical Costs/Notice of Cash Benefit Decision” being shown in MHW. This document reports detailed information about medical care costs and contains personal information. Even if you agree to this information being shown in MHW, you can only view information about your own medical care costs. This information is never shown to other users.

Note: Information about medical care costs incurred by dependents is included in the medical care costs shown to the insured person.

Operator

Insured person

Note: Dependents do not have the option to consent to the display of medical care costs in MHW.

### Instructions

#### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

#### Step 2. Click [各種設定].



- Click (1) [各種設定] at the top right of the home page.

#### Step 3. Select or clear the [個人情報表示（医療費明細）に同意する] check box.



- The settings window appears. You can make the change in the (1) [個人情報表示の同意有無を変更する（医療費明細）] area.
- Identify whether the (2) [個人情報表示（医療費明細）に同意する] check box is selected.
  - Selected: You consent to the display of personal information.
  - Cleared: You do not consent to the display of personal information.
- To change the consent status, click the (2) [個人情報表示（医療費明細）に同意する] check box to change its state.

## Step 4. Click [変更する].

- If you changed the state of the check box, click (1) [変更する] to apply the change.

Note: Changing the state of the check box is not enough to change the underlying setting. You must also click (1) [変更する] for the change to take effect.

## Step 5. The settings window appears again.

- The settings window appears again.
- If the change was successful, one of the following messages (1) appears above the check box:  
If you consented to the display of medical care costs:

**個人情報表示 (医療費明細) について「同意する」を設定しました。**

If you withdrew consent to the display of medical care costs:

**個人情報表示 (医療費明細) について「同意しない」を設定しました。**

- Confirm that the state of the (2) [個人情報表示 (医療費明細) に同意する] check box reflects the setting you made in step 3.

Note: To check medical care costs in MHW, you must consent to the display of personal information (detailed medical care costs).

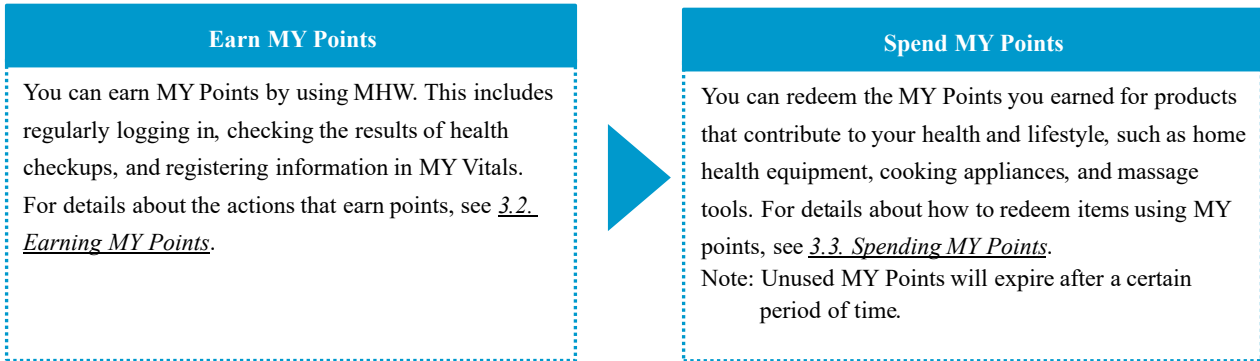
Note: Click (3) [変更する] on each tab of the settings window after changing the settings on that tab. If you changed your email address or enabled or disabled mail delivery on another tab in MHW but did not click (3) [変更する], the changes made on other tabs are discarded when you click (3) [変更する].

## 3. Using MY Points

By using MHW, you earn MY Points. You can use your MY Points to redeem various items (products).

<b>Operator</b>	Insured person	Note: Only the insured person can use the MY Points feature.
-----------------	----------------	--

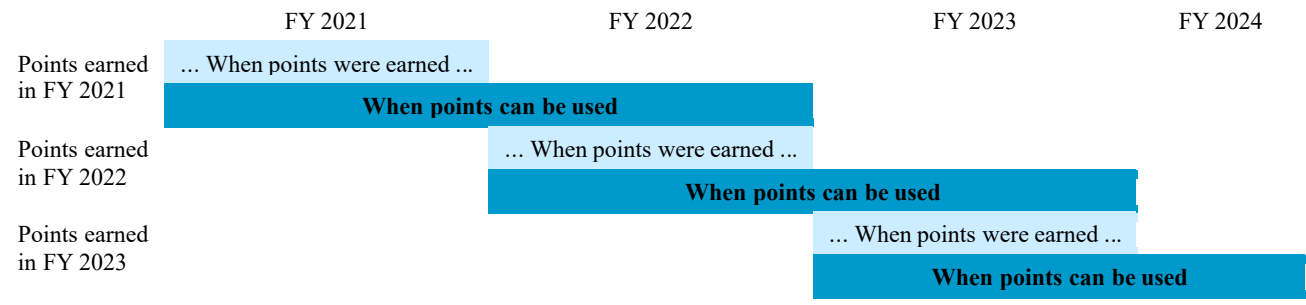
### How to use MY Points



### Expiry of MY Points

The MY Points you earn must be spent within two years of the April of the fiscal year in which they were earned. Points that are unused after this time will expire. Make sure that you spend the points you earn before they expire.


Example of valid period of My Points



### What can I do in the MY Points window?

**Spend MY Points on items**

You can redeem items using unexpired points. For details, see [3.3. Spending MY Points](#).





**Check how many points you have earned**

You can check how many My Points you have earned. Your points balance also appears on the MHW home page. For details, see [3.1. Checking your MY Points balance and history](#).

**Check how you earned your points**

You can check what actions you performed in MHW to earn points. For details, see [3.1. Checking your MY Points balance and history](#).

### 3.1. Checking your MY Points balance and history

#### Instructions

##### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)
- Your current points balance also appears in the (1) [MYポイント] area at the top of the home page.

##### Step 2. Display the MY Points window.



- Click (1) [MYポイント] at the top of the home page.

##### Step 3. Display the MY Points window.



- The MY Points window appears.
- Your current points balance appears in (1) [現在の所有ポイント].
- (2) [累計ポイント] shows the total of the points redeemed to date and points currently owned.

(3)

ポイント付日	内容	加算ポイント	減算ポイント
2021.11.17	ログイン	4	
2021.11.16	バイタル登録	3	
2021.11.16	[2021-500-001] 李忠(同)検査 秀光		-500

- The (3) [ポイント履歴] area shows a record of your actions that earned MY Points, and the number of points earned for each action.
- Note: If there are too many entries to fit on one page, they will be split over multiple pages.

## 3.2. Earning MY Points

You can earn points by performing the following actions. See the conditions for each action. Note: Unused MY Points will expire after a certain period of time.

No.	Item	Frequency earned	Points earned
1	Register for MHW	First time only	100 points
2	Log in	Once a day	1 to 6 points
3	Register information in MY Vitals	Once a day	3 points
4	View detailed medical care costs	Once a month	20 points
5	View results of health checkups	One per fiscal year	100 points
6	Register a slogan	One per fiscal year	100 points
7	Ongoing use	One per fiscal year	2000 points
8	Health checkup of dependent spouse (age 30 to 74)	One per fiscal year	500 points
9	Early health checkup of dependent spouse (age 30 to 74)	One per fiscal year	500 points
10	Health checkup of dependent spouse two consecutive years (age 30 to 74)	One per fiscal year	1000 points
11	Maintained healthy weight	One per fiscal year	100 points
12	Maintained healthy blood sugar level	One per fiscal year	100 points
13	Maintained acceptable levels of bad cholesterol	One per fiscal year	100 points
14	Maintained healthy blood pressure	One per fiscal year	100 points
15	Non-smoker	One per fiscal year	100 points
16	Points for completion (satisfy the preceding five items)	One per fiscal year	6000 points
17	Not subject to specific health guidance (age 35 to 74)	One per fiscal year	4000 points
18	Comply with specific health guidance (age 35 to 74)	One per fiscal year	500 points
19	Complete specific health guidance (age 35 to 74)	One per fiscal year	1500 points
20	Participate in planned campaigns by the Hitachi Health Insurance Society	Each time	Varies

Note: Actions that earn points are subject to change. For details, click (1) [ポイント付与メニュー].



Note the following regarding the granting of points for actions concerning dependents:

- The dependent concerned must also be registered in MY HEALTH WEB.
- All points are granted to the insured person.

## Instructions

## Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

## Step 2. Display the MY Points window.



- Click (1) [MYポイント] at the top of the home page.

## Step 3. Click [ポイント付与メニュー].



- The MYポイント window appears.
- Click (1) [ポイント付与メニュー].

## Step 4. Display the points menu.



- The (1) [ポイント付与メニュー] area appears.



### 3.3. Spending MY Points

#### Instructions

##### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

##### Step 2. Display the MY Points window.



- Click (1) [MYポイント] at the top of the home page.

##### Step 3. Display the points redemption window.



- You can display the points redemption window by a) or b) below:
  - In the menu on the right side of the window, click (1) [アイテムと交換する].
  - In the (2) [ポイントのご利用について] area, click (3) [アイテムと交換する].

#### Step 4. Display the points redemption window.



- The points redemption window appears.
- To search for items, click (1) [検索条件設定] and perform steps 5 to 7.
- To redeem an item without filtering further, click the item in (2) and go to step 8.

Note: The list of items spans several pages.

Note: Items are added and removed from time to time.

#### Step 5. Display the search condition settings.



- The search condition settings menu appears.
- You can search for items by category and by point value.
- To search by point value, go to step 6.
- To search by item, go to step 7.

**Step 6. Search by point value.**



■ Search for items by setting a range of point values as follows:

Select the lower bound for the point value from the pull-down menu (1). You can specify a value from 1000 to 20000.

Note: The pull-down menu contains values from 1000 to 20000 in increments of 1000.

Note: You can search for items with just an upper or just a lower bound specified.



Select the upper bound for the point value from the pull-down menu (2). You can specify a value from 1000 to 20000.



Click (3) [絞り込み].



(4) shows the number of items within the point value range you specified as a number preceding 件ヒット.

(5) shows items whose point value is within the specified range. You can click an item to redeem it.

## Step 7. Search by category name.

The screenshot shows the 'MY HEALTH WEB' search page. At the top, there are navigation links for 'MYポイント', '220P', 'MYメール', 'MYページ', 'ご利用案内', and 'よくある質問'. Below this, there are dropdown menus for '店舗検索' and '検索履歴'. The main content area is titled 'アイテム検索' and includes a search bar and a list of categories. A red box labeled (1) highlights the category selection area, which includes the following categories: 健康・美容, 食品, 生活雑貨, 衛生用品, カタログギフト, キッチン用品, ポイント他, アウトドア, 防災, and その他. A red box labeled (2) highlights the '絞り込み' (Filter) button at the bottom of the category list.

■ You can search for items by specifying a category name, as follows:

Select the (1) **[アイテムのカテゴリで検索]** check box by clicking it.

Note: You can also search for items by selecting multiple category names.

Click (2) **[絞り込み]**.

Note: You can specify the following categories:

**[健康・美容]**: Health and beauty

**[食品]**: Food

**[生活雑貨]**: Everyday necessities

**[衛生用品]**: Hygiene products

**[カタログギフト]**: Catalog gifts

**[キッチン用品]**: Kitchenware

**[ポイント他]**: Points, etc.

**[アウトドア]**: Outdoors

**[防災]**: Emergency supplies

**[その他]**: Other



(3) shows the number of items within the category or categories you specified, as a number preceding **件ヒット**.

(4) shows items in the specified category or categories. You can click an item to redeem it.

**Step 8. Click [アイテムと交換する].**



- The window shows detailed information about the item.
- Read the description of the item and the number of points required. To redeem the item, click (1) [**アイテムと交換する**].

Note: Please read the item description carefully.

Note: The button (1) [**アイテムと交換する**] does not appear if you do not have enough MY Points to redeem the item.

Note: Items are added and removed from time to time.

## Step 9. Enter information about the recipient and click [次へ].

- A window appears in which you can enter the address and other information about the item recipient.
- Check the product name, and if correct, enter information about the recipient.
- If the email address differs from the registered email address, click the (1) **[修正はこちら]** link under **[登録メールアドレス]**.
- Clicking (2) **[住所呼出]** displays the address used when last redeeming points. To use one of these addresses, click the corresponding (3) **[この住所を使用する]** button to populate the address fields with that address.
- When you have finished entering information about the recipient, click (4) **[次へ]**.

Note: Screen after you click (2) **[住所呼出]**

Note: Certain items might be sent via your workplace.

Note: Read the contents of **【個人情報の取り扱いについて】** before clicking (4) **[次へ]**.

■ The input items for recipient information are as follows:

No.	Item	Description
1	<b>お名前(漢字)[必須]</b>	Enter the name of the recipient using Kanji characters.
2	<b>お名前(カナ)[必須]</b>	Enter the name of the recipient using Katakana characters.
3	<b>登録メールアドレス</b>	Displays the email address registered in MHW.
4	<b>郵便番号[必須]</b>	Enter the postal code of the recipient's address using halfwidth numerals and hyphens.
5	<b>都道府県[必須]</b>	Enter the prefecture or administrative division of the recipient's address. This item is entered automatically if you enter a postal code.
6	<b>住所[必須] (市区町村番地)</b>	Enter the city, town, or village address of the recipient using fullwidth characters. This item is entered automatically if you enter a postal code.
7	<b>住所 (マンション名等)</b>	Enter the street address (such as the building name and number) using fullwidth characters.
8	<b>お電話番号[必須]</b>	Enter the telephone number of the recipient using halfwidth characters. Do not use hyphens. If the number is a landline, start with the area code.

- The contents of **【個人情報の取り扱いについて】** is as follows:

#### Personal Information Handling Policy

##### ■ Purpose of use

We handle the personal information of our customers (such as names and addresses) supplied using the preceding form with utmost care. This information will only be used for the purpose of sending items to their recipients.

##### ■ Notes on handling and entrustment

All entities to whom we entrust the personal information of our customers will manage the information according to all applicable laws and regulations. We will not disclose the personal information of users to any third parties other than our trusted partners without the consent of the user. However, we might disclose personal information without the consent of the user if required or permitted to do so by law, or if requested to do so by a court of law, police department, or other public agency.

### Step 10. Click **【確定する】**.

送付先住所入力

入力内容を確認して下さい。以下の住所にお送り致します。

商品名	[500-001] 宇治産抹茶 秀光
お名前(漢字)	苗字 名前
お名前(カナ)	ミヨウジ ナマエ
登録メールアドレス	mail_1@test.co.jp
郵便番号	〒123-4567
都道府県	東京都
住所(市区町村番地)	住所 1
住所(マンション名等)	住所 2
お電話番号	0123456789

(2) **修正する** **確定する** (1)

- A window appears in which you can confirm the address of the recipient.
- Confirm that the product name and mailing address are correct, and then click (1) **【確定する】**.

Note: To change the mailing address, click (2) **【修正する】**.

Note: If you have already clicked (1) **【確定する】** and wish to cancel the redemption, change the product, or change the mailing address, see the following:

[Chapter 5. Checking and Canceling Item or Pedometer Orders](#)



## Step 11. Email indicating the application for item redemption is complete.



- An email is automatically sent to the registered email address in step 6 containing information including the name of the redeemed item.

- The contents of the email are as follows:

Subject: Your MY HEALTH WEB application (automatically sent)

-----  
This email is sent to you automatically when we receive an application through the Hitachi Health Insurance Society's MY HEALTH WEB portal.

Please do not reply, this email box is not monitored.

-----  
Thank you for using the Hitachi Health Insurance Society's MY HEALTH WEB portal.

We received the following application:

Redeemed item:

[*item-number*] *item-name*

- Delivering your item

<If you redeemed an item>

Applications received by the end of each month will be sent out from the middle of the following month.

Please understand that shipment of some items will be delayed.

Note: Emails notifying you of the codes for Amazon gift cards and email coupons will also be issued from the middle of the following month.

<If you ordered a pedometer>

Orders received Monday to Sunday will be sent out from the Wednesday of the following week.

- Canceling an application

<If you redeemed an item>

If it is before the end of the month in which you submitted the application, you can cancel the redemption as follows:

On the MY HEALTH WEB home page, click [MY ポイント] and then [アイテム申込履歴].

<If you ordered a pedometer>

If it is on or before the Sunday of the week in which you submitted the application, you can cancel the order as follows:

On the MY HEALTH WEB home page, click [各種設定].

[Contact Us]

MY HEALTH WEB Point Redemption Office

Email: mhw.point.fg@hitachi.com

Phone: 03-6666-8612

Hours: 9:00 to 17:00 on weekdays (closed on Saturdays, Sundays, public holidays, and end of year holidays)

## 4. Changing Your Profile

You can set and change your slogan, target weight, daily step goal, and height.

**Operator** Insured person, dependent

### What can I set in my profile?

No.	Item	Range of values	Description
1	Slogan	20 or fewer fullwidth characters	In MHW, you can set a slogan that relates to your health or lifestyle goals.
2	Target weight	1 to 150 (kg)	Set your target weight. This weight appears as the target in MY Vitals.
3	Daily step goal	1 to 1000000 (steps)	Set your daily step goal.
4	Height	1 to 999 (cm)	Set your height. This information is used to calculate your BMI in the health checkup results window.

### Instructions

#### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

## Step 2. Click [プロフィール設定].

The image shows two screenshots of the MY HEALTH WEB interface. The top screenshot shows the 'スローガン' (Slogan) section with a red box around the 'スローガンを設定' button, labeled (1). The bottom screenshot shows the '各種設定' (Various Settings) section with a red box around the 'プロフィール設定' button, labeled (2). A red arrow points from the '各種設定' section to the 'プロフィール設定' button.

■ Display the profile settings window using one of the following methods a) or b):

a) Click (1) [スローガンを設定] on the home page.

b) Click (1) [各種設定] at the top of the home page.

In the settings window that appears, click (2) [プロフィール設定].

### Step 3. Enter the item you want to set and click [設定／変更する].

The screenshot shows the 'MY HEALTH WEB' interface for profile settings. It includes navigation tabs for '各種設定', 'プロフィール設定', and 'ウォーキングコンテンツ'. The 'プロフィール設定' section is active, showing four sub-sections:

- スローガンを設定・変更する:** A text input field (1) for the slogan and a '設定 / 変更する' button (2).
- 目標の体重を設定・変更する:** A text input field (1) for target weight (kg) and a '設定 / 変更する' button (2).
- 目標の1日の歩数を設定・変更する:** A text input field (1) for target daily steps and a '設定 / 変更する' button (2).
- 身長を設定・変更する:** A text input field (1) for current height (cm) and a '設定 / 変更する' button (2).

- The **プロフィール設定** window appears.
- Check the current setting, and in (1) **[設定（登録）／変更]** for the item you want to change, enter the new setting.
- After entering the new setting, click (2) **[設定／変更する]**.

Note: To delete a setting, enter 0 in (1) **[設定（登録）／変更]** and then click (2) **[設定／変更する]**. However, you cannot delete your height because height is used to calculate BMI.

The following explains the input items in the (1) **[設定（登録）／変更]** fields:

No.	Item	Description
1	<b>スローガン設定/変更</b>	Set a slogan (motto) that reflects your health or lifestyle goals. Enter a maximum of 20 fullwidth characters.
2	<b>目標体重の設定/変更</b>	Set the weight that serves as your target weight in MY Vitals.
3	<b>目標の1日の歩数登録/変更</b>	Set the number of steps that serves as your daily step goal in MY Vitals.
4	<b>現在の身長の登録/変更</b>	Set the height used to calculate BMI in MY Vitals.

#### Step 4. The [プロフィール設定] window appears again.

- The プロフィール設定 window appears again.
- If the change is successful, the message (1) **更新しました** appears above the setting.
- Confirm that the value you entered in step 3 now appears as the setting.

Note: When you change a setting in this window (the プロフィール設定 window), you must click the (2) [設定／変更する] button associated with that setting. If you change two or more items in this window, when you click (2) [設定／変更する] for one of those items, any changes you have made but not applied to the other items are discarded.

## 5. Checking and Canceling Item or Pedometer Orders

You can check and cancel item redemption and pedometer orders in MHW.

Note: In most circumstances, you will be refunded the points you redeemed. Please keep in mind that points that have since expired cannot be refunded.

Note: You can cancel an order while its status is [申込済]. Any points you spent on items or pedometers will be refunded.

Operator

Insured person, dependent

### Instructions

#### Step 1. Log in to MHW.



- Log in to MHW and display the home page.
- For details about how to log in, see [Chapter 1. Logging In.](#)

#### Step 2. Click the link to your order history.



- Display your order history using one of the following methods a) or b):

a) Click (1) [MYポイント] at the top of the home page, and in the MY Points menu that appears, click (2) [アイテム申込履歴].

Note: The (1) [MYポイント] command does not appear for dependents.



- b) Click (1) **[各種設定]** at the top of the home page, and in the settings window that appears, click the (2) **[申込履歴・キャンセルは、こちらからご確認ください。]** link.



### Step 3. The **[最新の申込履歴]** window appears again.



- A list of your most recent redemptions and orders appears.
- To view details of an item redemption or pedometer order, click the (1) **[詳細情報]** button in the **アクション** column.
- If you want to cancel an item redemption or pedometer order, click the (2) **[キャンセル]** button in the **アクション** column.

Note: The initial page shows the ten most recent actions. You can display older actions by clicking (3) **[>]**.

Note: The **ステータス** column shows the status of the redemption or order, as follows:

- **[申込済]** ... The redemption application or pedometer order has been submitted.
- **[申込受付済]** ... The process of dispatching the redeemed item or ordered pedometer has begun (from this point, the request can no longer be canceled).



- **[キャンセル]** ... The redemption application or pedometer order has been canceled in the window that shows your past actions (you cannot cancel a request that has already been canceled).

#### Step 4. Display detailed information.

(1) 申込内容確認

申込日付	2021.11.17
ステータス	申込済
商品名	ポケット万歩 anemos TH-850
お名前(漢字)	田中 名前
お名前(カナ)	ミヨウジ ナマエ
郵便番号	123-4567
都道府県	東京都
住所(市区町村番地)	住所_1
住所(マンション名等)	住所_2
お電話番号	0123456789

(2)

- (1) **[申込内容確認]** displays information about the recipient specified when redeeming the item or ordering the pedometer.
- Click (2) **[一覧へ戻る]** to display an up-to-date action history for the user.

The items in (1) **[申込内容確認]** are as follows:

No.	Item	Description
1	申込日付	The date on which the application was submitted
2	ステータス	The status of the application
3	商品名	The name of the product
4	お名前(漢字)	The name of the recipient (in Kanji)
5	お名前(カナ)	The name of the recipient (in Katakana)
6	郵便番号	The postal code of the recipient
7	都道府県	The prefecture or administrative division of the recipient's address
8	住所(市区町村番地)	The city, town, or village address of the recipient
9	住所(マンション名等)	The street address (such as the building name and number) of the recipient
10	お電話番号	The telephone number

## Step 5. Display the [キャンセル内容確認] window.

**キャンセル内容確認**

以下の申込についてキャンセルを行います。

申込日付	2021.11.17
ステータス	申込済
商品名	ポケット万歩 anemos TH-850
お名前 (漢字)	苗字 名前
お名前 (カナ)	ミヨウシ ナマエ
郵便番号	123-4567
郵便局名	東京都
住所 (市区町村等地)	住所_1
住所 (マンション名等)	住所_2
お電話番号	0123456789

(1)   (2)

- The キャンセル内容確認 window appears.
- If you want to cancel the item redemption or pedometer order, click (1) **[はい]**.
- If you do not want to cancel the item redemption or pedometer order, click (2) **[いいえ]**.

Note: If you click (2) **[いいえ]**, you are returned to the 最新の申込履歴 window that displays your action history.

## Step 6. Display the [キャンセル内容確認] window.

**最新の申込履歴**

(1) キャンセルしました

申込日付	商品名	ステータス	使用ポイント	アクション
2021.12.14	ポケット万歩 anemos TH-850	申込済	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.12.14	【2021-500-001】宇治伝統緑茶 費光	申込済	500	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.12.08	【2021-500-001】宇治伝統緑茶 費光	申込済	500	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.22	ポケット万歩 anemos TH-850	申込済	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.17	ポケット万歩 anemos TH-850	キャンセル	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.16	ポケット万歩 anemos TH-850	キャンセル	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.16	【2021-500-001】宇治伝統緑茶 費光	申込受付済	500	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.16	【2021-500-001】宇治伝統緑茶 費光	申込受付済	500	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.11	ポケット万歩 anemos TH-850	キャンセル	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>
2021.11.11	【2021-500-001】宇治伝統緑茶 費光	キャンセル	0	<input type="button" value="訂正履歴"/> <input type="button" value="キャンセル"/>

1 2 3 4 5 6 7 >

- If you clicked **[はい]** in the キャンセル内容確認 window, the 最新の申込履歴 window appears with the message (1) **キャンセルしました** displayed.
- The status of the canceled item changes to (2) **[キャンセル]**.

## Step 7. An email confirming the cancellation is sent.



- An email containing the name of the canceled item and other information is sent automatically.

- The contents of this email are as follows:

Subject: [MY HEALTH WEB] Canceled application (sent automatically)

-----  
 This email is sent automatically when you cancel an order in the Hitachi Health Insurance Society's MY HEALTH WEB platform.  
 Please do not reply, this email box is not monitored.  
 -----

Thank you for using the Hitachi Health Insurance Society's MY HEALTH WEB portal.

We have received your request to cancel the following order:

[Canceled item]

[*item-number*] *item-name*

[Contact Us]

MY HEALTH WEB Point Redemption Office

Email: [mhw.point.fg@hitachi.com](mailto:mhw.point.fg@hitachi.com)

Phone: 03-6666-8612

Hours: 9:00 to 17:00 on weekdays (closed on Saturdays, Sundays, public holidays, and end of year holidays)

## 6. Registering a Verification Code

To verify that the registered email address belongs to you, you must enter a verification code.  
Users who have not verified their email addresses cannot log in.

Operator

Insured person, dependent

### Instructions

#### Step 1. Log in to MHW using an unverified email address.

個人向け健康ポータルサイト 日立健康保険組合

MY HEALTH WEB

メールアドレス確認画面

■ メールアドレスを変更する

ご登録いただいているメールアドレスをご確認いただき、必要に応じて変更ください。  
変更が必要な場合には、「認証コードを送信する」より「認証コード送信」ボタンをクリックしてください。  
なお、職場や家族など、**複数の方々で共同利用しているメールアドレスでの登録はお勧めできません。**  
また、携帯電話、スマートフォンのメールアドレスでご登録いただく場合には、こちらからお送りするメールが迷惑メールフォルダに入る場合がございます。  
下記ドメインが受信できるように設定をお願いいたします。

各携帯キャリアのメール受信設定方法は、リンクよりご確認ください。DOCOMO / au / SoftBank

(1) 登録メールアドレス: mail@test.co.jp

(2) 新しいメールアドレス:

(3) 新しいメールアドレス (確認用):

(4) 変更する

■ 認証コードを送信する

認証コードを取得されていない方は「認証コード送信」ボタンを押してください。  
認証コードを受信するまでにお時間がかかる場合がございます。

認証コード送信

■ 認証コードを登録する

登録メールアドレスに届いた認証コードを入力し「登録する」ボタンを押してください。

認証コード:

登録する

MY HEALTH WEBヘルプデスク  
電話番号: 03-5213-4457  
平日 9:00~17:00  
(\*土・日・祝日・年末年始を除きます)

MY HEALTH WEBとは / 個人情報の取り扱いについて

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- If you attempt to log in to MHW before registering a verification code, a window appears in which you can verify your email address.
- Confirm that the registered email address appears in (1) [登録メールアドレス].

Note: If the registered email address is incorrect, enter the correct email address in (2) [新しいメールアドレス] and (3) [新しいメールアドレス (確認用)] and then click (4) [変更する].

#### Step 2. Click [認証コード送信].

■ 認証コードを送信する

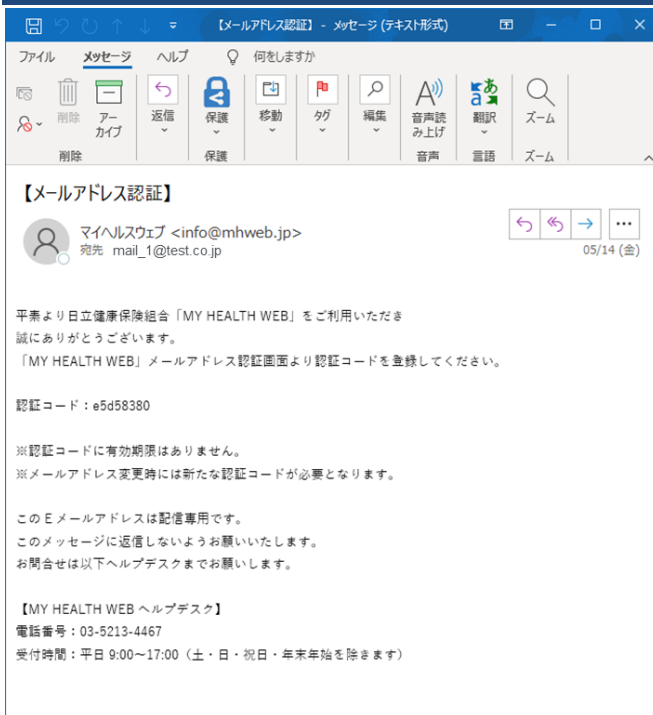
認証コードを取得されていない方は「認証コード送信」ボタンを押してください。  
認証コードを受信するまでにお時間がかかる場合がございます。

(2) 送信しました。

(1) 認証コード送信

- When you click (1) [認証コード送信], the message (2) 送信しました appears.
- An email containing a verification code is sent to the registered email address.

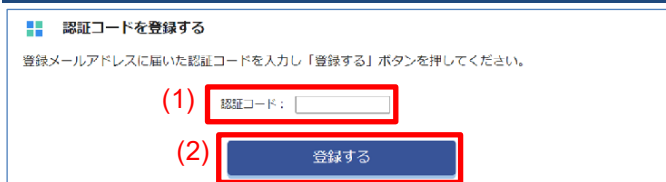
### Step 3. Receive an email address verification email.



- An email containing a verification code is automatically sent to the new email address.
- For details about the contents of the email, see step 10 in [Chapter 1. Logging In](#).

Note: The email might not arrive immediately. Please wait a while.

### Step 4. Register the verification code.



- The email received in step 3 contains the verification code. Enter the code in the (1) [認証コード] field.
- Click (2) [登録する].

If you specify the wrong verification code:



Note: If you enter the wrong verification code, the message (3) 認証コードが一致しません。 appears. Enter the correct verification code.

### Step 5. Display the home page.



- The MHW home page appears.