



FOR IMMEDIATE RELEASE

Press Release

**AIG Institute and National Institute of Occupational Health and Safety
to launch joint research on health promotion**

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TOKYO, May 28, 2019—AIG Institute, AIG Japan Holdings KK's internal research unit, will launch a joint research initiative on health promotion with the National Institute of Occupational Safety and Health, Japan (JNIOSH), together with cooperation from the AIG Health Insurance Society.

The increased health risks associated with sitting for long periods of time in the workplace have, since the early 2000s, received significant attention in the U.S. and Europe; and although a wide range of research is being carried out in Japan on health promotion, the risks related to sitting too long and too often are just starting to come under the spotlight. At the same time, research* shows that, in a global, country by country comparison, people in Japan spend the most time sitting. By carrying out research in this field, AIG Institute aims to promote further discussion on this topic, which will be useful in corporate healthcare program management and health management systems, including health insurance.

* Bauman AE et al. The descriptive epidemiology of sitting: A 20-country comparison using the International Physical Activity Questionnaire (IPAQ). *Am J Prev Med*, 2011; 41(2) 228–235

[Outline of research (planned)]

1. Survey of employees at AIG Group companies in Japan (approximately 9,000) on risks of sitting too much
2. Cardiopulmonary function testing on employees
3. Launch of workplace exercise program aimed at improving employees' cardiopulmonary function of employees

Through these and other research initiatives, and based on the ACTIVE CARE concept which it shares with AIG Group companies in Japan, AIG Institute is working to help reduce risk and prevent accidents or damage before they occur.

<About National Institute of Occupational Safety and Health, Japan>

The National Institute of Occupational Safety and Health (JNIOSH) is the only comprehensive research institute for occupational safety and health in Japan. JNIOSH actively conducts scientific research in order to contribute administrating duties for the government and for workers in industries, for risk reduction of industrial accidents and diseases, promoting workers' health, and creating safer and comfortable work environments.

<About AIG>

American International Group, Inc. (AIG) is a leading global insurance organization. Building on 100 years of experience, today AIG member companies provide a wide range of property casualty insurance, life insurance, retirement products, and other financial services to customers in more than 80 countries and jurisdictions. These diverse offerings include products and services that help businesses and individuals protect their assets, manage risks and provide for retirement security. AIG common stock is listed on the New York Stock Exchange. In Japan, AIG companies such as AIG General Insurance Company, Ltd., American Home Assurance Company Ltd., JI Accident & Fire Insurance Co., Ltd., AIG Partners Co., Ltd. and Techmark Japan KK are providing their services.