

## Words of the Month

Be careful even with the work you are used to  
**Management Dept.**

## Annual Medical Exam and Stress Check

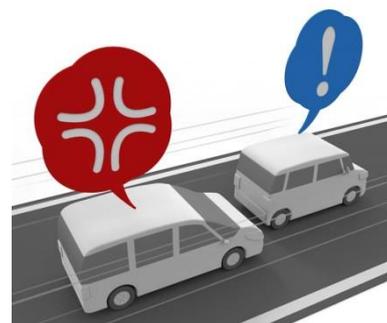
The medical exams will be held on October 12, 19 and 26 (all in the morning). We encourage our employees to take the opportunity and take exams. Medical exam allows early detection of diseases without subjective symptoms. We will distribute the question form to the participants.

In addition, like last year, we will conduct the stress check in October. The check will be done over the internet, where each employee should go to a specified website and answer simple 57 questions related to work-related stress. (Since the site will be in Japanese and English only, we will be distributing a manual in Portuguese.) The period to access is from October 1st to October 31st.

## What to Do When You're Being Tailgated

You feel uncomfortable if a car behind you is tailgating. But, if you get too scared and panic, you may cause traffic accidents. Try to stay calm and handle the situation well.

If you are on the highway, never pull over. People on the highway do not expect others pulling over on the highway. So, if you pull over, your car may get hit from the behind. So, if you really need to pull over, find safe public areas such as the Service Area and parking lots in commercial facilities nearby. There are many cases where people try to talk over with the tailgating driver and get attacked. So, even after pulling over at the safe area, don't get out of your car unprepared. Make sure the tailgating driver isn't around. If you see the driver, stay in your car with the door locked and call the police (110) if necessary.



## Disability Certificate

Do you know about the disability certificate (*Shougaisya Techou*)? "I had my finger amputated in the accident." "I had to be hospitalized because of my illness." "I can't work because of my mental illness." "My child's development seems slower than other kids."

If you have these problems and struggle to maintain your daily life and work, you may be qualified for the disability certificate with the medical diagnosis. The merits of the certificate are...

- Partial monetary assistance for medical expenses
- Tax reduction
- Discount on utility bills and public transportation

Some companies hire people with disability certificate proactively. So, you may be able to work with accommodations for your disability. The acquisition procedures may vary depending on the degree of disability, condition and time of occurrence. If you have any questions or concerns for yourself or your family or friends, please feel free to contact Futuro.

