



Republic of the Philippines
Department of Education
Region III
DIVISION OF NUEVA ECIJIA
Cabanatuan City



04 January, 2016

DIVISION MEMORANDUM

No. 01, s2016

**ANNUAL PHYSICAL EXAMINATION OF DEPED EMPLOYEES
(TEACHING AND NON-TEACHING PERSONNEL)**

To: All District Supervisors
All Secondary Schools Principals/TIC
All DepED Teaching and Non-Teaching Personnel

1. Pursuant to DECS Memorandum No. 184, s1993, DECS Memorandum No. 500, s1997, Regional Memorandum no58, s2003 and Regional Memorandum No20, s2012 regarding Teacher's Health Welfare Enhancement Program and in compliance with CSC Memorandum Circular No 17, s1989 and as manifestation of concern by this office on the health status of its employees, all teaching and non-teaching personnel are required to undergo profiling and Annual Physical and Laboratory Examination.
2. The activity aims to: a) determine the annual health status of the employees to deter the occurrence of illnesses and to treat the disease (ex. PTB, HPN, DM) if it has already set in, in order to prevent its further progression if not totally treated and b) to ensure that all personnel are physically/mentally and emotionally fit to do their best on their designated tasks.
3. The following diagnostic examinations and their cost were arranged by the Health and Nutrition Section exclusively for DepED employees.
 - a. Chest x-ray (big film)
 - b. CBC
 - c. Urinalysis
 - d. Fasting blood sugar
 - e. Lipid Profile (total cholesterol, HDL, LDL, triglycerides)
 - f. SGPT
 - g. BUN
 - h. Creatinine
 - i. Serum Uric Acid
 - j. ECG for 40 years old and above

4. Chest x-ray is required to all employees except for pregnant women during their 1st and 2nd trimester of pregnancy who are instead advised to undergo sputum microscopy. Personnel with chest x-ray taken 6 months earlier should have another one taken.
5. All employees who shall undergo the laboratory examinations are advised not to take anything by mouth (NPO) after midnight until the tests are done the following morning. **The laboratory examination will start at 6:00am up to 11:00am only.**
6. A sum of four hundred fifty pesos (P450) will be paid by each employee to the Prolab Diagnostics who will handle the said laboratory examinations. A mobile Diagnostic and Medical Team will go to the DepED Division Office to arrange the schedule of examination.
7. DepEd employees can undergo the said examinations in any Laboratory of their choice as long as all of the above mentioned procedures will be availed.
8. All results will be attached to CS Form 86 and ready for evaluation including medical certificate by the health and Nutrition Personnel ONLY.
9. Widest dissemination and strict compliance to the conduct of this memorandum are desired.



RONALDO A. POZON, Ph.D., CESO V
Schools Division Superintendent



References: DECS Memo No. 184, s1993
DECS Memo No. 500, s1997
DECS Memo No. 58, s2003
Regional Memorandum Circular No. 17, s1989
Regional Memorandum Dated May 12, 2003 Regarding Teachers Health and Welfare Program
CSC Memorandum Circular No.17, s1989
Regional Memo No.135, s2008

Allotment: I-(D.O.) 50-97)

To be indicated in the PERPETUAL INDEX
under the following subjects:

HEALTH PHYSICAL EXAMINATION

**DEPARTMENT OF EDUCATION - DIVISION OF NUEVA ECIJA
SCHEDULE OF ANNUAL PHYSICAL EXAMINATION 2016**

	DISTRICT	VENUE
18-En	Lupao Elementary & Secondary	Lupao Central
19	Carranglan Elementary & Secondary	Carranglan Central
20	Pantabangan Elementary & Secondary	Pantabangan Central
21	Llanera Elementary & Secondary	Llanera Central
22	Gen. Natividad Elementary & Secondary	Gen. Natividad Central
25	Rizal Elementary	Rizal Central
25	Rizal Secondary Schools	Rizal NHS
26	Quezon Elementary & Secondary	Quezon Central
26	Licab Elementary & Secondary	Licab Central
28	Talugtug Elementary & Secondary	Talugtug Central
28	Nampicuan Elementary & Secondary	Nampicuan Central
29	Sto. Domingo Elementary	Sto. Domingo Central
29	Sto. Domingo Secondary	Sto. Domingo Trade NHS
1 Feb	Guimba East Elementary	Guimba East Central
2 Feb	Guimba West Elementary	Guimba West Central
2	Guimba Secondary	Guimba NHS
3	Cuyapo Elementary	Cuyapo Central
3	Cuyapo Secondary	Cuyapo NHS
4	Talavera North Elementary	Talavera Central
4	Talavera South Elementary	Talavera South Central
5	Gabalton Elementary & Secondary	Gabalton Central
5	Laur Elementary & Secondary	Laur Central
8	Palayan City Elementary	Palayan City Central
8	Palayan City Secondary	Palayan City HS
9 Feb	Bongabon Elementary	Bongabon Central
9 Feb	Bongabon Secondary	Bongabon NHS
10	Zaragoza Elementary	Zaragoza Central
10	Zaragoza Secondary	Zaragoza NHS
11	Sta. Rosa Elementary	Sta. Rosa Central
11	Sta. Rosa Secondary	Sta. Rosa NHS
12	Gen. Tinio Elementary	Gen. Tinio Central
12	Gen. Tinio Secondary	Gen. Tinio NHS
15	Penaranda Elementary & Secondary	Penaranda Central
15	San Isidro Elementary & Secondary	San Isidro Central
16	Jaen Elementary	Jaen Central
16	Jaen Secondary	Putlod-San Jose HS
17	San Leonardo Secondary	San Anton NHS
17	San Leonardo Elementay	San Leonardo Central

18 San Antonio Secondary
18 San Antonio Elementary
19 Cabiao Secondary
19 Cabiao Elementary

San Mariano NHS
San Antonio Central
Cabiao NHS
Cabiao Central

22 Aliaga Elementary
22 Aliaga Secondary
23 NENHS
23 Talavera Secondary

Aliaga Central
Aliaga NHS
NENHS
Talavera NHS