



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III
DIVISION OF CITY SCHOOLS

City of San Jose del Monte
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March 26, 2012

DIVISION MEMORANDUM
NO. 62, s. 2012

To: Division / District Supervisors
Elementary / Secondary School Principals / OICs

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

1. Pursuant to DECS Memorandum No. 184 s. 1993, DECS Memorandum No. 500, s. 1997 and Regional Memorandum No. 58, s 2003 dated July 23, 2003 regarding Teachers Health Welfare Enhancement Program and in compliance with CSC Memorandum Circular No. 17 s. 1989, this office endorses the conduct of the Annual Physical and Laboratory Examination of all CSJDM teaching and non- teaching personnel on the following schedule:

DATE	VENUE	SCHOOLS
March 30	BBE	East District Schools
April 2	SJDMCS	West District Schools
April 3	SJDMNTS	All Secondary Schools

2. A mobile Diagnostic Laboratory with a paramedical team shall provide the tests indicated below in the amount of Three Hundred Fifty Pesos (P350.00) per head per package.

- | | |
|----------------|------------------------|
| a. Chest X-Ray | f. Fasting Blood Sugar |
| b. Urinalysis | g. GPT |
| c. CBC | h. BUN |
| d. Cholesterol | i. ECG |
| e. Uric Acid | |

3. To ensure that all personnel are physically / mentally and emotionally fit to perform their roles and functions, it is advised that the medical check – up be one of the requirements for clearance of teachers at the end / start of the school year.
4. Chest x- ray is required to all employees except for pregnant women in 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 (N.P.O) after midnight until the tests are done the following morning
6. Immediate dissemination of and compliance with this memorandum is desired.

ANNUAL PHYSICAL EXAMINATION OF ALL EDUCATIONAL EMPLOYEES
(TEACHING AND NON-TEACHING PERSONNEL)


DR. AMANCIO S. VILLAMEJOR JR., CESO IV
Schools Division Superintendent

DATE	WAVE	SCHOOLS
March 30	EDU	East District Schools
April 2	SCHO	West District Schools
April 3	SJOINTS	All Government Schools

A mobile Diagnostic Laboratory with a complement team shall provide the tests indicated below in the amount of Three Hundred Fifty Paños (P350.00) per load per package.

- | | |
|----------------|------------------------|
| a. Chest X-Ray | f. Fasting Blood Sugar |
| b. Urinalysis | g. CPT |
| c. CBC | h. GUN |
| d. Cholesterol | i. ECG |
| e. Uric Acid | |

For details
JMS

Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION III
Maimpis, City of San Fernando, Pampanga

March 8, 2012

REGIONAL MEMORANDUM
No. 20 s. 2012

ANNUAL PHYSICAL AND LABORATORY EXAMINATION
OF ALL DEPED REGION III EMPLOYEES

To: All Schools/City Division Superintendents

1. Pursuant to DECS Memorandum No. 184 s. 1993, DECS Memorandum No. 500, s. 1997 and Regional Memorandum No. 58, s. 2003 dated July 23, 2003 regarding Teachers Health Welfare Enhancement Program and in compliance with CSC Memorandum Circular No. 17, s. 1989, this Office endorses the conduct of the Annual Physical and Laboratory Examination of all DepEd Region III Employees in all Divisions.

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 (e.g. PTB, HPN, DM) if it has already set in, in order to prevent its further progression if not totally treat it and (b) to ensure that all personnel are physically/mentally and emotionally fit to do their best on their designated tasks.

3. A mobile Diagnostic Laboratory with a paramedical team in the absence of a local health service provider must provide the laboratory package per head, to wit;

- a. Chest X-ray (at least 11x14 film)
- b. CBC
- c. Urinalysis
- d. Fasting Blood Sugar
- e. Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides)
- f. SGPT
- g. BUN
- h. Creatinine
- i. BUA
- j. ECG for 40 years old and above

- 4. Chest x-ray is required to all employees except for pregnant women in 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 (N.P.O.) after midnight until the tests are done the following morning.
- 6. Immediate dissemination and compliance of this memorandum is desired.



DR. ISABELITA M. BORRES, CESO IV
 Director IV
[Handwritten mark]

Reference: Regional Memorandum No. 135, s. 2008

Allotment: 1—(D.O. 50-97)

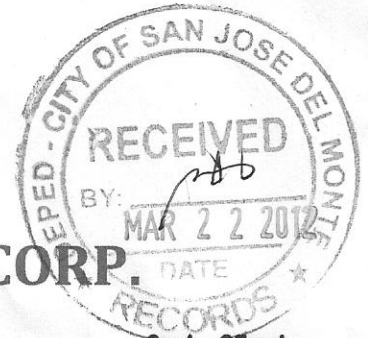
To be indicated in the PERPETUAL INDEX
 under the following subjects:

HEALTH PHYSICAL EXAMINATION



STO DOMINGO DIAGNOSTIC & MEDICAL CENTER CORP.

"Quality, Honesty, Integrity and Service above self"
3rd Floor RM 303-304, LM Bldg. Quezon Ave. Quezon City
Tel# 740 8362/ Department of Health License No. GCL- 3-0064-13-P



HMO'S ACCREDITED;
ASIANLIFE, EASTWEST,
VALUCARE, AA INTERNATIONAL,
COCOLIFE, INTELICARE
MAXICURE

Handwritten signature

Service Offered:
**PNP ACCREDITED NEURO-
PSYCHOLOGICAL TESTING,**
DOH ACCREDITED DRUG TESTING,
**PRE-EMPLOYMENT MEDICAL
EXAMINATION, X-RAYS, ULTRASOUND,**
ECG, MOBILE ON-SITE SERVICES
HEALTH PACKAGES

Dear Sir/Madam;

In the advent of the growing medical concerns here in our society, we are having a proposal in your school to conduct a Health Assessment which will benefit your community.

Our laboratory test will include the following.:These are given in affordable price of 350.00 pesos only.

ECG (Defects heart abnormalities)	250
FBS (Diabetes)	130
BUN (kidney function test)	150
URIC ACID (gout, acute, arthritis)	150
CHOLESTOROL (cardiovascular, diseases)	150
SGPT (hepatitis, liver, cirrhosis)	150
CBC (anemia, leukemia stones)	100
URINALYSIS (U.T.I, kidney stones)	70
X-RAY	200

**All for
350**

We hope that the above would merit your most valued approval. Should you have further inquiry, please feel free to call us (Rosalie Q. Enabe) 0918-4266575/ 0932-2383339. We would be more than glad to be of service to you.

Respectfully yours,
Rosalie Q. Enabe
ROSALIE Q. ENABE
Marketing Coordinator

*Fasting (at least 8 hours)