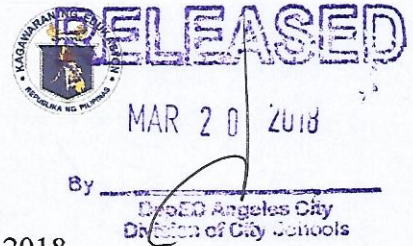




Department of Education  
Region III  
**DIVISION OF CITY SCHOOLS**  
Angeles City



March 19, 2018

**DIVISION MEMORANDUM**

No. **131** S. **2018**

**ANNUAL PHYSICAL EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL**

**To: Division Supervisors  
Division Personnel  
District Supervisors  
Public Elementary and Secondary Principals /School Heads  
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 regarding Teacher's Health Welfare Enhancement Program and as a manifestation of concern by this Division on the health status of its employees, all teaching and non-teaching personnel are required to undergo annual physical check-up in compliance with the Civil Service Commission Memorandum Circular No. 17, s. 1989. This is to ensure that all personnel are physically fit to perform their assigned roles and functions.

2. Listed below are the different diagnostic examinations required by the Department to all employees **except for pregnant women in their first and second trimester of pregnancy**, who are advised to undergo **SPUTUM MICROSCOPY**.

- a) Chest X-ray (10x12 )
- b) ECG
- c) Fasting Blood Sugar (FBS)
- d) Lipid Profile (Total Cholesterol, HDL, LDL and Triglycerides)
- e) Blood Uric Acid (BUA)
- f) CBC
- g) Urinalysis
- h) Creatinine
- i) SGPT



3. Employees may avail the required laboratory examination through

- a. Tsekap (from the assigned Health Centers)
- b. Sto. Dominigo Diagnostic Medical Center Corp. (Mobile Lab)

Please be informed that it is up to the employee which provider he/she will choose to render the laboratory exams services.

4. The cost of these laboratory examinations is **Php 500.00** if you want to avail of the mobile laboratory. All results should be submitted to the Medical and Dental Section of this Division on or before **June 30, 2018**. Please be advised that the submission deadline will be strictly followed hence, everyone is encouraged to comply to avoid future conflicts or problems with regards to F 211 and Clearance submission.

5. The results will be attached to CS Forms 86 for filing, evaluation and intervention purposes. Questions/clarifications shall be directed to the Health and Nutrition Section of this Division.

6. Attached are the schedule, venue and some reminders.

7. Wide dissemination and compliance to this Memorandum is desired.

  
**LEILANI S. CUNANAN, CESO VI**

Officer In Charge

Office of the Schools Division Superintendent

## **REMINDERS:**

For those who have no health insurance, **STO. DOMINGO DIAGNOSTIC & MEDICAL CENTER CORP.** has submitted a letter of intent to render their services for the following package cost:

**(For Regular/Permanent Employees)**

**Php 500.00**

- a) Chest X-ray ( 11x14 )
- b) ECG
- c) Fasting Blood Sugar (FBS)
- d) Lipid Profile (Total Cholesterol, HDL, LDL and Triglycerides)
- e) Blood Uric Acid (BUA)
- f) CBC
- g) Urinalysis
- h) Creatinine
- i) SGPT
- j) FREE EYE REFRACTION
- k) FREE GIVE AWAY

Be advised that the Mobile is on **VOLUNTARY** basis only and it is up to the employee if he/she wants to avail the said package.

**\*FASTING= Last meal is 10-12 hrs before the procedure**



## **ENCLOSURE 1**

### **SCHEDULES:**

Listed below are the schedules that the Mobile will be on stand by in the different School Venue of this Division for your perusal.

**DATE : *APRIL 16-17, 2018***

**VENUE: *ANGELES ELEMENTARY SCHOOL***  
**SCHOOLS :**

*Division Office Personnel*

*East District Schools*

*Northville 15 IS (Elem, JHS, SHS)*

*GRLLIS (Elem, JHS, SHS)*

*FGNMHS (JHS, SHS)*

*STO. DOMINGO IS ( JHS, SHS)*

*BVRHS (JHS, SHS)*

*ANGELES CITY SENIOR HIGH SCHOL*

***APRIL 18-19, 2017***

**VENUE: *C. N. DAYRTI ELEMENTARY SCHOOL***

***NORTH DISTRICT SCHOOLS***

***SOUTH DISTRICT SHOOOLS***

***CMRICTHS***

***RLLMHS (JHS,SHS) ANNEX AND MAIN***

***ACSciHS***

**DATE: *APRIL 23-24, 2017***

**VENUE: *STA. TERESITA ELEMENTARY SCHOOL***

**SCHOOLS:**

***WEST DISTRICT SCHOOLS***

***SAPANGBATO (Elem, JHS, SHS)***

***MALABANAS (Elem, JHS, SHS)***

***AMSIC (Elem, JHS, SHS)***

***ACNHS***

***ACNTS (JHS, SHS)***