



Republic of the Philippines
Department of Education
REGION III

SCHOOLS DIVISION OFFICE OF ANGELES CITY



16 May 2025

DIVISION MEMORANDUM

No. 156 s. 2025

Subject: Annual Physical Examination of Teaching and Non-Teaching Personnel for SY 2025-2026

To: SGOD and CID Chiefs
Public Elementary and Secondary School Heads
All Others Concerned

1. In line with **CSC Memorandum Circular No. 17, s. 1989** on maintaining physical and mental fitness for public service, and **Regional Memorandum No. 76, s. 2005** on the Health Welfare Enhancement Program, all teaching and non-teaching personnel are required to undergo the **Annual Physical Examination (APE)** for **School Year 2025-2026**.

2. This initiative aims to ensure that all employees are physically fit to perform their duties effectively. Please note that the following diagnostic tests are required, except for pregnant women in their first and second trimesters, who are advised to undergo **Sputum Microscopy** instead:

FASTING: Last meal should be 10 – 12 hours before the procedure.

- a. Chest X-ray except for pregnant women during 1st and 2nd trimester
- b. Fasting Blood Sugar
- c. Total Cholesterol/HDL/LDL
- d. Blood Urea Nitrogen
- e. Blood Uric Acid
- f. Creatinine
- g. Triglyceride
- h. SGPT/SGOT
- i. Complete Blood Count
- j. Urinalysis
- k. ECG

3. Employees may avail of the required laboratory tests and medical consultations **free of charge** through **PhilHealth's E-Konsulta Program** at any of the accredited clinics listed below:

- **PSNalo Family Health Care Clinic** (with NFHC Precision Medhub)
774 Sto. Rosario St., Manuela Arcade, Angeles City (same building as Pandayan Bookstore)



Jesus St., Brgy. Pulunbulu, Angeles City 2009
(045) 901-9498 / angeles.city@deped.gov.ph



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- **Pampanga Health Care and Diagnostic Center**
McArthur Highway, Balibago
 - **Holy Family Clinic**
Sto. Entierro, Angeles City

4. All results will be used solely for health evaluation and intervention. They will be handled in strict compliance with the **Data Privacy Act of 2012**, ensuring confidentiality and protection against unauthorized access or disclosure.

5. **Submission of original APE results is required from June 2 to June 6, 2025.**

6. **Wide dissemination and strict compliance** with this memorandum are hereby enjoined.

ENGR. EDGARD C. DOMINGO PhD, CESO V
Schools Division Superintendent

Reference: Civil Service Commission Memorandum Circular No. 17, s. 1989
Regional Memorandum No. 76 s. 2005

To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION
SCHOOLS

PROGRAMS

DAB/MO II/May 16, 2025