

Department of Education
Region III
DIVISION OF CITY SCHOOLS
Angeles City

March 24, 2014



DIVISION MEMORANDUM
No. 18 S. 2014

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 Urea Nitrogen (BUN)
- f) Blood Uric Acid (BUA)
- g) CBC
- h) Urinalysis
- i) Creatinine
- j) SGPT

3. All results should be submitted to the Medical and Dental Section of this Division on or before May 30, 2014. 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.
4. All results will be attached to CS Forms 86 for filing, evaluation and intervention purposes.
5. All questions/clarifications shall be directed to the Mesdical/Dental Section of this Division.
6. Wide dissemination of this Memorandum is desired.



LUZ C. ARRIOLA
Schools Division Superintendent

ANNOUNCEMENT:

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 350.00

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

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.

REMINDER:

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

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

DATE : *APRIL 22, 23, 24 2014*

VENUE: *EAST DISTRICT*

SCHOOLS :

East District Schools

South District Schools

Division Office Personnel

FGNMHS

GRLIS

Bonifacion Romero HS

Sto. Domingo IS

Northville IS

DATE: *APRIL 25 AND 29,30 2014*

VENUE: *NORTH DISTRICT*

SCHOOLS:

North District Schools

West District Schools

Sapangbato HS

ACNHS

Amsic IS

RLLMHS

CMRICTHS

ACSci HS

Malabanas IS