Republic of the Philippines
# Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF ANGELES CITY

13 May 2026

**DIVISION MEMORANDUM**
**No.** 196 **, s.** **2026**

**ANNUAL PHYSICAL EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL FOR THE SY 2026-2027**

To: Assistant Schools Division Superintendent
SGOD and CID Chief Education Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

1. Civil Service Commission Memorandum Circular No. 17, s. 1989, entitled "Physical and Mental Fitness for Continued Employment in the Public Service," underscores the policy of maintaining a healthy government workforce capable of effectively meeting the demands and responsibilities of public service.

2. In compliance with this mandate, the Department of Education (DepEd), through its Health and Welfare Enhancement Programs, particularly the Oplan Kalusugan sa DepEd (OK sa DepEd), reaffirms its commitment to promoting the health, safety, and overall well-being of both learners and personnel through the effective implementation of comprehensive school health and nutrition initiatives. These programs are designed to ensure that employees remain physically fit and capable of efficiently performing their assigned roles and responsibilities in the delivery of quality public service.

3. Listed below are the different diagnostic examinations required by the department**, except for pregnant women in their first and second trimesters of pregnancy,** who are advised to undergo **SPUTUM MICROSCOPY**.

**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 (regardless of age)