



Republic of the Philippines
Department of Education

REGION III – CENTRAL LUZON
SCHOOLS DIVISION OFFICE OF NUEVA ECIJA

DEP-ED SDO N.E.
RELEASED
MAY 24 2022

RECORDS SECTION

24 May 2022

DIVISION MEMORANDUM
No. 148, s. 2022

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

To: Assistant Schools Division Superintendents
Chiefs of Division, CID & SGOD
Education Program Supervisors
Office/Unit Heads
Public Schools District Supervisors
Public Elementary and Secondary School Heads
School Health and Nutrition Unit
All Others Concerned

1. Pursuant to DECS Memorandum No. 184, s1993, DECS Memorandum No 500, s1997, Regional Memorandum no 58, s2003 and Regional Memorandum No20, s2012 regarding the Teachers' Health Welfare Enhancement Program and in compliance with CSC Memorandum Circular No17, s1989 and as manifestation of concern by this office on the health status of its employees, all teaching and non-teaching personnel are required to undergo profiling and Annual Physical and Laboratory Examination.
2. The activity aims to:
 - a. Determine the annual health status of the employees to deter the occurrence of illnesses and to treat diseases (eq. PTB, HPN, DM) if it has already set in, to prevent its further progression if not totally treated
 - b. To ensure that all personnel are physically, mentally, and emotionally fit to do their best on their designated tasks.
3. The following diagnostic examinations and their cost were arranged by the Health and Nutrition Section exclusively for DepED Employees.
 - a. Chest x-ray (big film)
 - b. CBC
 - c. Urinalysis
 - d. Fasting Blood Sugar
 - e. Lipid Profile (total cholesterol, HDL, LDL, triglycerides)
 - f. SGPT
 - g. BUN
 - h. Creatinine
 - i. Serum Uric Acid
 - j. ECG for 40 years old and above
4. Chest x-ray is required to all employees except for pregnant women during 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 (NPO) after midnight until the tests are done the following morning, **The laboratory examination will start at 6:00am up to 11:00am only.**



Address: Brgy. Rizal, Santa Rosa, Nueva Ecija 3101
Telephone No.: (044) 940 3121
Email: nueva.ecija@deped.gov.ph
Facebook Page: DepEd SDO Nueva Ecija
Webpage: www.deped-ne.net.ph



6. A sum of five hundred fifty pesos (P550) will be paid by each employee to the Prolab Diagnostics who will manage the said laboratory examinations. A mobile Diagnostic and medical Team will go to the DepED SDO Nueva Ecija Annexes at a given schedule. (See annex A)
7. DepED employees can undergo the said examinations in any laboratory of their choice as long as all the above-mentioned procedures will be availed.
8. All results will be attached to CS Form 86 and ready for evaluation including medical certification by the Health and Nutrition Personnel ONLY.
9. During the conduct of the said Laboratory examination, strict health protocols will be observed (wearing of face mask, social distancing, etc.)
10. Widest dissemination and strict compliance to the conduct of this memorandum are desired.


JESSIE D. FERRER, CESO V
Schools Division Superintendent

Encl.: None

References: DECS Memo No. 184, s1993,
DECS Memo No. 500, s1997
DECS Memo No. 58, s2003
RM Circular No 17, s1989
RM dated May 12, 2003
CSC Memorandum Circular No 17, s 1989
Regional Memo No 135, s2008
Allotment: 1-(D.O.) 50-97)

To be indicated in the PERPETUAL INDEX
under the following subjects:
HEALTH
PHYSICAL EXAMINATION

DEPARTMENT OF EDUCATION
DIVISION OF NUEVA ECIJA
SCHEDULE OF ANNUAL MEDICAL EXAMINATION FOR 2022



DATE	DAY	DISTRICT	VENUE
May 30	Monday	Lupao Elementary & Secondary	Lupao Central
31	Tuesday	Carranglan Elementary & Secondary	Carranglan Central
JUNE 1	Wednesday	Pantabangan Elementary & Secondary	Pantabangan Central
2	Thursday	Gen. Natividad Elementary & Secondary	Gen. Natividad Central
3	Friday	Llanera Elementary & Secondary	Llanera Central
6	Monday	Rizal Secondary	Rizal NHS
7	Tuesday	Rizal Elementary	Rizal Central
8	Wednesday	Quezon Elementary & Secondary	Quezon Central
9	Thursday	Licab Elementary & Secondary	Licab Central
10	Friday	Talugtog Elementary & Secondary	Talugtog Central
13	Monday	Nampicuan Elementary & Secondary	Nampicuan Central
14	Tuesday	Sto. Domingo Elementary	Sto. Domingo Central
15	Wednesday	Sto. Domingo Secondary	Sto. Domingo Trade School
16	Thursday	Guimba West Elementary	Guimba West Central
17	Friday	Guimba East Elementary	Guimba East Central
20	Monday	Guimba Secondary	Guimba NHS
21	Tuesday	Cuyapo 1 & 2 Elementary	Cuyapo Central
22	Wednesday	Cuyapo Secondary	Cuyapo NHS
23	Thursday	Laur Elementary & Secondary	Laur Central
24	Friday	Gabaldon Elementary & Secondary	Gabaldon Central
27	Monday	Palayan City Elementary	Palayan City Central
28	Tuesday	Palayan City Secondary	Palayan City NHS
29	Wednesday	Talavera North Elementary	Talavera Central
30	Thursday	Talavera South Elementary	Talavera South Central
JULY 1	Friday	Talavera Secondary	Talavera NHS
4	Monday	Bongabon Elementary	Bongabon Central
5	Tuesday	Bongabon Secondary	Bongabon NHS
6	Wednesday	Zaragoza Elementary	Zaragoza Central
7	Thursday	Zaragoza Secondary	Zaragoza NHS
8	Friday	Sta. Rosa South Elementary	Sta. Rosa Central
18	Monday	Sta. Rosa Secondary	Sta. Rosa NHS
19	Tuesday	Gen. Tinio Elementary	Gen. Tinio Central
20	Wednesday	Gen. Tinio Secondary	Gen. Tinio NHS
21	Thursday	Penaranda Elementary & Secondary	Penaranda Central
22	Friday	San Isidro Elementary & Secondary	San Isidro Central
25	Monday	Jaen North Elementary	Lambakin ES

DEPARTMENT OF EDUCATION
DIVISION OF NUEVA ECIJA
SCHEDULE OF ANNUAL MEDICAL EXAMINATION FOR 2022

26	Tuesday	Jaen South Elementary	Jaen CS
27	Wednesday	Jaen Secondary	Putlod-San Jose HS
28	Thursday	San Leonardo Elementary	San Leonardo Central
29	Friday	San Leonardo Secondary	San Anton NHS
AUG 1	Monday	San Antonio Elementary	San Leonardo Central
2	Tuesday	San Antonio Secondary	San Mariano NHS
3	Wednesday	Cabiao Elementary	Cabiao Central
4	Thursday	Cabiao Secondary	Cabiao NHS -Senior HS
5	Friday	NEHS JHS/SHS	NEHS JHS
8	Monday	Division Office	Division Office
9	Tuesday	Aliaga Elementary	Aliaga Central
10	Wednesday	Aliaga Secondary	Aliaga NHS
11	Thursday	Santa Rosa North	San Gregorio ES

Note:

In order to assure compliance with health protocols and to avoid overcrowding, the following measures will be observed:

1. Only 1 district is scheduled per day.
2. More personnel will be assigned to facilitate the procedures,
3. For districts with high number of teachers, two mobile x-ray units will be deployed for faster turnaround time and shorter waiting time.
4. Physical distancing will be maintained.
5. Disinfection will be done regularly.
6. Alcohol will be provided in every station.
7. Prolab personnel will be required to wear PPEs during the conduct of examinations.
8. Anyone showing symptoms will be immediately isolated.
9. Wearing of face mask is a must for everyone.