



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF PAMPANGA

DIVISION MEMORANDUM
NO. **309** s. 2024

**ANNUAL PHYSICAL EXAMINATION OF DepEd DIVISION PERSONNEL
(Teaching and Non- Teaching Personnel)**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Public Secondary Schools Heads
STE Coordinators of Public Secondary Schools

1. Pursuant to Regional Memorandum No. 76 s. 2005 dated September 01, 2005 regarding Teachers Health Welfare Enhancement program (THWEP) and as a manifestation of concern by this Office on 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 the employees are physically fit to perform their assigned roles and functions.

2. The following diagnostic examination are arranged by the Division office as follows:

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|--|------------------------------|
| a. Chest X-ray (11x14) except for Pregnant women during 1 st and 2 nd trimester of pregnancy and Are advised to undergo sputum Microscopy. | f. CBC |
| b. Fasting Blood Sugar | g. Creatinine |
| c. Urinalysis | h. Total Cholesterol |
| d. Blood Urea Nitrogen | i. HDL Cholesterol |
| e. Blood Uric Acid | J. LDL Cholesterol |
| | k. Triglycerides |
| | l. ECG (40years old & above) |
| | m. SGPT/SGOT |

3. The cost of all these examinations is Five Hundred Eighty Pesos (Php 580.00) only, if availed individually, the following prices will apply:

Chest X-ray- P200
Urinalysis- P100
Blood Tests- P400
12L ECG - P200

4. The Mobile Clinic personnel are expected to be at the venue a day prior the schedule. Please provide accommodation for them. The start of the examination will be at 5:00 a.m. It is advised to go on **FASTING for TEN (10) HOURS** prior the scheduled examination (blood extraction). Please note

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Address: High School Blvd., Brgy. Lourdes, City of San Fernando (P)
Telephone No.: (045) 435-2728; (045) 435-7404
Email Address: pampanga@deped.gov.ph
Website: www.depedpampanga.ph



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that the cut off time is up to 10 AM only. Those who may not be able to follow their scheduled laboratory examination may contact their respective Division Nurse for a change in schedule.

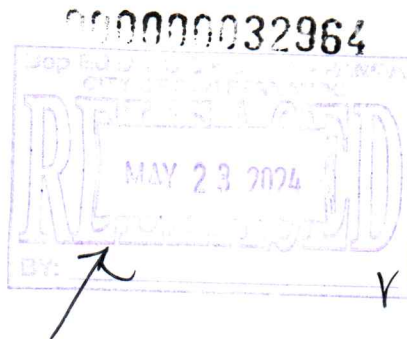
5. Results will be forwarded to the Central/ Cluster Schools as soon as possible.

6. Attached is the schedule for reference.

7. Please be guided accordingly.

ROMEO M. ALIP, PhD, CESO V

Schools Division Superintendent





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DATE	DAY/TIME	DISTRICT/VENUE
JULY 1, 2024	Monday/6:00AM	BACOLOR SOUTH: Bacolor ES Proper San Isidro HS San Vicente Pilot School Potrero HS Bacolor HS DALCUIS HS
JULY 2, 2024	Tuesday/6:00AM	BACOLOR NORTH: Bacolor ES (Madapdap) Tinajero Main HS Tinajero Annex HS
JULY 3, 2024	Wednesday/6:00AM	PORAC WEST: Mitla ES Pulong Santol Main NHS Porac Model Community HS Camias NHS Planas NHS
JULY 4, 2024	Thursday/6:00AM	PORAC EAST: Porac ES Porac NHS Eastern Porac HS Villa Maria HS Sapang Uwak IS
JULY 5, 2024	Friday/6:00AM	MAGALANG SOUTH: Magalang ES Andres M. Luciano HS Ayala HS Rodolfo V. Feliciano Memorial HS SHS in Magalang
July 8,2024	Monday/6:00AM	MAGALANG NORTH: San Miguel ES Dolores NHS Balitucan NHS
July 9,2024	Tuesday/6:00AM	ARAYAT EAST: San Nicolas ES Camba HS Candating NHS San Juan Bano HS
July 10, 2024	Wednesday/6:00AM	ARAYAT WEST: Arayat ES (Central) Arayat NHS Justino Sevilla NHS Gatiawin NHS

July 11,2024	Thursday/6:00AM	MEXICO SOUTH: Mexico ES
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		Gerry H. Rodriguez HS
July 12,2024	Friday/6:00AM	MEXICO NORTH: Sto. Rosario ES Malino NHS Disdado Macapagal HS Mexico NHS
July 15,2024	Monday/6:00AM	MEXICO WEST: Anao ES Nicanor Vergara NHS Don Jesus Gonzales NHS San Juan NHS
July 16,2024	Tuesday/6:00AM	STA ANA: Sta Ana ES (Central) Sta Ana NHS San Isidro HS Telesforo Natividad HS
July 17,2024	Wednesday/6:00AM	SAN LUIS: San Luis ES San Luis NHS San Isidro HS San Jose HS San Juan-San Luis HS San Nicolas IS Sta Catalina HS San Carlos NHS Emigdio Bondoc HS
July 18,2024	Thursday/6:00AM	CANDABA WEST: Candaba ES Pasig HS Paralaya HS Lanang HS
July 19,2024	Friday/6:00AM	CANDABA EAST: Bahay Pare ES Bahay Pare HS Talang HS Mangga HS Pulong Gubat HS
July 22,2024	Monday/6:00AM	CANDABA NORTH: Salapungan HS Salapungan HS Mandili HS Mapaniqui HS Tagulod HS
July 23, 2024	Tuesday/6:00AM	DIVISION OFFICE



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DATE	DAY/TIME	DISTRICT/VENUE
July 1, 2024	Monday/6:00AM	STO TOMAS: San Matias ES San Matias NHS Sto. Tomas NHS
July 2, 2024	Tuesday/6:00AM	MINALIN: Minalin ES Sta Maria NHS Sto Rosario NHS Bulac HS Conrado Macapinlac Sr HS
July 3, 2024	Wednesday/6:00AM	SAN SIMON: San Simon ES Dela Paz Libutad NHS San Pedro NHS Concepcion IS San Simon HS Sta Monica IS
July 4, 2024	Thursday/6:00AM	APALIT: San Vicente ES Balucuc NHS Apalit NHS Sampaga IS Cansinala NHS Bro. Andrew Gonzales NHS Sucad NHS Calantipe HS SHS in Apalit Stand Alone
July 5, 2024	Friday/6:00AM	MACABEBE EAST: Macabebe ES San Vicente-San Francisco NHS Caduang Tete HS Telacsan NHS Macabebe HS
July 8, 2024	Monday/6:00AM	MACABEBE WEST: Sta Maria ES San Esteban NHS Consuelo HS Sta Maria NHS



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		Dalayap HS
July 9, 2024	Tuesday/6:00AM	MASANTOL NORTH: Masantol ES Masantol NHS Sitio Mindanao HS
July 10, 2024	Wednesday/6:00AM	MASANTOL SOUTH: Bebe Anac ES Tarik Suliman HS Sapang Kawayan HS Malauli HS
July 11, 2024	Thursday/6:00AM	GUAGUA EAST: Betis ES Betis NHS GD Mendoza NHS
July 12, 2024	Friday/6:00AM	GUAGUA WEST: San Antonio ES Natividad HS Pulung Masle HS
July 15, 2024	Monday/6:00AM	SASMUAN: Sasmuan ES Sto Tomas NHS Malusac NHS Sebitanan IS Batang Sasmuan HS
July 16, 2024	Tuesday/6:00AM	STA RITA: Sta Rita ES Becuran NHS San Basilio NHS Sebitanan IS
July 17, 2024	Wednesday/6:00AM	LUBAO EAST: Lubao ES San Jose Gumi IS Bancal Pugad IS Lubao NHS Remedios NHS Del Carmen NHS
July 18, 2024	Thursday/6:00AM	LUBAO NORTH: Sta Monica ES



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		Wenceslao HS San Roque Dau HS San Vicente NHS
July 19, 2024	Friday/6:00AM	LUBAO WEST: Sta Cruz ES Sta Cruz High IS San Pablo 2 nd NHS Sta Tereza 2 nd IS Baruya NHS Prado Siongco HS San Roque Arbol HS Santiago HS
July 22, 2024	Monday/6:00AM	FLORIDABLANCA EAST: Floridablanca ES Gutad NHS Paguiruan NHS Diosdado Macapagal Memorial NHS Nabuclod IS
July 23, 2024	Tuesday/6:00AM	FLORIDABLANCA WEST: San Jose ES Basa Air Base NHS FNAS San Jose NHS Pasay City HS