

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

- 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:
 - a. Chest X-ray (11x14) except for Pregnant women during 1st and 2nd trimester of pregnancy and Are advised to undergo sputum Microscopy.
 - b. Fasting Blood Sugar
 - c. Urinalysis
 - d. Blood Urea Nitrogen
 - e. Blood Uric Acid

- f. CBC
- g. Creatinine
- h. Total Cholesterol
- i. HDL Cholesterol
- J. LDL Cholesterol
- k. Triglycerides
- I. 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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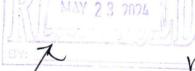
SCHOOLS DIVISION OFFICE OF PAMPANGA

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









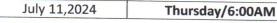
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Department of Education REGION III

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DATE	DAY/TIME	DISTRICT/VENUE
	DAI/ MILE	BACOLOR SOUTH: Bacolor ES Proper
		San Isidro HS
JULY 1, 2024	Monday/6:00AM	San Vicente Pilot School
3021 1, 2024	Widhuay/ 6:00AW	Potrero HS
		Bacolor HS
		DALCUIS HS
		BACOLOR NORTH: Bacolor ES (Madapdap)
UUV2 2024		Tinajero Main HS
JULY 2, 2024	Tuesday/6:00AM	Tinajero Annex HS
		Thajero Alliex 113
		PORAC WEST: Mitla ES
		Pulong Santol Main NHS
JULY 3, 2024	Wednesday/6:00AM	Porac Model Community HS
3021 3, 2024	wednesudy/ 0:00AW	Camias NHS
		Planas NHS
		PORAC EAST: Porac ES
		Porac NHS
JULY 4, 2024	Thursday/6:00AM	Eastern Porac HS
3021 4, 2024	Titursuay/ 6.00Aivi	Villa Maria HS
		Sapang Uwak IS
		MACALANIC COUTLL AA
		MAGALANG SOUTH: Magalang ES
		Andres M. Luciano HS
JULY 5, 2024	Friday/6:00AM	Ayala HS
	, i	Rodolfo V. Feliciano Memorial HS
		SHS in Magalang
		MAGALANG NORTH: San Miguel ES
1 0.2024		Dolores NHS
July 8,2024	Monday/6:00AM	Balitucan NHS
		Dailtacail W13
		ARAYAT EAST: San Nicolas ES
July 9,2024 Tuesday/6:00AM		Camba HS Candating NHS
	Tuesday/6:00AM	
	San Juan Bano HS	
		ADAVAT MEST, Assess 50 (0
July 10, 2024 Wednesday/6:00AM		ARAYAT WEST: Arayat ES (Central)
	Wadnesday / 5:00 A B A	Arayat NHS
	wednesday/6:00AIVI	Justino Sevilla NHS
	Gatiawin NHS	



MEXICO SOUTH: Mexico ES







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uly 23, 2024 Tuesday/6:00AM DIVISION	N OFFICE	









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DATE	DAY/TIME	DISTRICT A CANAL
	DATITIVE	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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30110023	DIVIDION OFFICE OF FACILITATION
	Wenceslao HS
	San Roque Dau HS
	San Vicente NHS
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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







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