



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

February 28, 2025

DIVISION MEMORANDUM

NO. 168 s. 2025

ANNUAL PHYSICAL EXAMINATION OF SDO PAMPANGA 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:
 - 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
 - l. ECG (40years old & above)
 - m. SGPT/SGOT
3. The cost of all these examinations is **Six Hundred pesos (Php 600.00)** only, if availed individually, the following prices will apply:
 - Chest X-ray- P200.00
 - Urinalysis- P100.00
 - Blood Tests- P400.00
 - 12L ECG - P200.00

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Address: High School Blvd., Brgy. Lourdes, City of San Fernando (P)
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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 AM.

5. It is advised to go on **FASTING for TEN (10) HOURS** prior the scheduled examination (blood extraction). Please note 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.

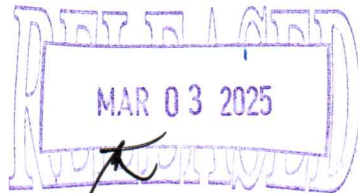
6. Results will be forwarded to the Central/Cluster Schools as soon as possible. Those personnel who opted to avail their laboratory examinations outside PROLAB shall submit their results within 10 days after their District schedule.

7. Attached is the schedule for your reference.

8. Please be guided accordingly.

ROMEO M. ALIP, PhD, CESO V
Schools Division Superintendent

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DATE	DAY/TIME	DISTRICT/VENUE
MAY 20, 2025	Tuesday/6:00AM	MEXICO SOUTH: Mexico ES Gerry H. Rodriguez HS MEXICO NORTH: Sto. Rosario ES Malino NHS Disdado Macapagal HS Mexico NHS
MAY 21, 2025	Wednesday/6:00AM	MEXICO WEST: Anao ES Nicanor Vergara NHS Don Jesus Gonzales NHS San Juan NHS STA ANA: Sta Ana ES (Central) Sta Ana NHS San Isidro HS Telesforo Natividad HS Sta. Ana Central HS
MAY 22, 2025	Thursday/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 CANDABA EAST: Bahay Pare ES Bahay Pare HS Talang HS Mangga HS Pulong Gubat HS Visal San Pablo HS
MAY 23, 2025	Friday/6:00AM	CANDABA WEST: Candaba ES Pasig HS Paralaya HS Lanang HS Gulap HS CANDABA NORTH: Salapungan HS Salapungan HS Mandili HS Mapaniqui HS Tagulod HS
MAY 27, 2025	Tuesday/6:00AM	MAGALANG SOUTH: Magalang ES Andres M. Luciano HS

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		Ayala HS Rodolfo V. Feliciano Memorial HS Turu IS MAGALANG NORTH: San Miguel ES Dolores NHS Balitucan NHS Carmelo Lazatin NHS
MAY 28, 2025	Wednesday/6:00AM	ARAYAT EAST: San Nicolas ES Camba HS Candating NHS San Juan Bano HS ARAYAT WEST: Arayat ES (Central) Arayat NHS Justino Sevilla NHS Gatiawin NHS
MAY 29, 2025	Thursday/6:00AM	PORAC EAST: Porac ES Porac NHS Eastern Porac HS Villa Maria HS Sapang Uwak IS PORAC WEST: Mitla ES Pulong Santol Main NHS Porac Model Community HS Camias NHS Planas NHS
MAY 30, 2025	Friday/6:00AM	BACOLOR SOUTH: Bacolor ES Proper San Isidro HS San Vicente Pilot School Potrero HS Bacolor HS DALCUIS HS San Antonio IS Tinajero IS BACOLOR NORTH: Bacolor ES (Madapdap) Tinajero Main HS Tinajero Annex HS



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<p>JUNE 3, 2025</p>	<p>Tuesday/6:00AM</p>	<p>SAN SIMON: San Simon ES Dela Paz Libutad NHS San Pedro NHS Concepcion IS San Simon HS Sta Monica IS Sto. Nino IS San Agustin IS San Nicolas IS San Jose IS</p> <p>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</p>
<p>JUNE 4, 2025</p>	<p>Wednesday/6:00AM</p>	<p>MACABEBE EAST: Macabebe ES San Vicente-San Francisco NHS Caduang Tete HS Telacsan NHS Macabebe HS</p> <p>MACABEBE WEST: Sta Maria ES San Esteban NHS Consuelo HS Sta Maria NHS Dalayap HS</p>
<p>JUNE 5, 2025</p>	<p>Thursday/6:00AM</p>	<p>MASANTOL NORTH: Masantol ES Masantol NHS Sitio Mindanao HS</p> <p>MASANTOL SOUTH: Bebe Anac ES Tarik Suliman HS Sapang Kawayan HS Malauli HS</p>
<p>JUNE 6, 2025</p>	<p>Friday/6:00AM</p>	<p>MINALIN: Minalin ES Sta Maria NHS Sto Rosario NHS Bulac HS Conrado Macapinlac Sr HS Pedrita HS</p> <p>STO TOMAS: San Matias ES San Matias NHS</p>





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		Sto. Tomas NHS Emigdio A. Bondoc SHS
JUNE 10, 2025	Tuesday/6:00AM	STA RITA: Sta Rita ES Becuran NHS San Basilio NHS ASSET SASMUAN: Sasmuan ES Sto Tomas NHS Malusac NHS Sebitanan IS Batang Sasmuan HS
JUNE 11, 2025	Wednesday/6:00AM	GUAGUA EAST: Betis ES Betis NHS GD Mendoza NHS GUAGUA WEST: San Antonio ES Natividad HS Pulung Masle HS San Antonio IS
JUNE 13, 2025	Friday/6:00AM	FLORIDABLANCA EAST: Floridablanca ES Gutad NHS Paguiruan NHS Diosdado Macapagal Memorial NHS Nabuclod IS FLORIDABLANCA WEST: San Jose ES Basa Air Base NHS FNAS San Jose NHS Pasay City HS
JUNE 17, 2025	Tuesday/6:00AM	LUBAO EAST: Lubao ES San Jose Gumi IS Bancal Pugad IS Lubao NHS Remedios NHS Del Carmen NHS LUBAO NORTH: Sta Monica ES Wenceslao HS San Roque Dau HS San Vicente NHS
JUNE 18, 2025	Wednesday/6:00AM	LUBAO WEST: Sta Cruz ES Sta Cruz High IS

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		San Pablo 2 nd NHS Sta Tereza 2 nd IS Baruya NHS Prado Siongco HS San Roque Arbol HS Santiago HS DIVISION OFFICE
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