



Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF PAMPANGA**

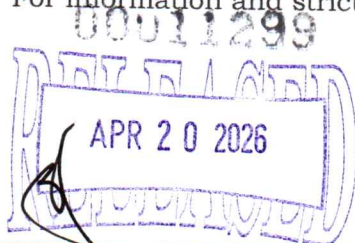
April 15, 2026

DIVISION MEMORANDUM  
No. **246**, s. 2026

**ANNUAL PHYSICAL EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL**

To: Assistant Schools Division Superintendents  
Chief Education Supervisors  
Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

1. In accordance with **Civil Service Commission (CSC) Memorandum Circular No. 38, s. 1992** (Physical and Medical Examination of Government Personnel) and relevant provisions of **DepEd Order No. 11, s. 2019** (Implementation of the Department of Education Workplace Policy and Program on Occupational Safety and Health), all teaching and non-teaching personnel are hereby directed to undergo the **Annual Physical Examination (APE)**.
2. This initiative aims to promote the health and well-being of all personnel, ensure fitness for duty, and support the Department's commitment to maintaining a safe and healthy working environment.
3. The required laboratory examinations are as follows:
  - a. Chest X-ray (11x14) except for Pregnant women during 1<sup>st</sup> and 2<sup>nd</sup> 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
4. All personnel are required to submit their Annual Physical Examination results on or before **June 15, 2026**, at the SGOD-School Health Section. Said results will be validated by the respective Division School Nurses and will be compiled for consolidation.
5. For information and strict compliance.



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



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