



Medical

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

DIVISION MEMORANDUM
NO. 254 s. 2026

April 20, 2026

**ADDENDUM TO DIVISION MEMORANDUM No. 246 S. 2026 Re:
ANNUAL PHYSICAL EXAMINATION OF DepED 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

9. This Office announces the schedule of Annual Physical Examination (APE) through **PROLAB Diagnostics**.

10. The following diagnostic examinations shall be included in the services provided by PROLAB Diagnostics.

- | | |
|--|------------------------------|
| f. 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 |
| g. Fasting Blood Sugar | g. Creatinine |
| h. Urinalysis | h. Total Cholesterol |
| i. Blood Urea Nitrogen | i. HDL Cholesterol |
| j. Blood Uric Acid | J. LDL Cholesterol |
| | k. Triglycerides |
| | l. ECG (40years old & above) |
| | m. SGPT/SGOT |

11. The cost of all these examinations is **Six Hundred Eighty pesos (Php 680.00)** only, while if availed individually, the following prices will apply:

- | | |
|----------------------|----------------|
| ➤ Chest X-ray | - P200.00 |
| Urinalysis | - P100.00 |
| Blood Chemistry | - P150.00 each |
| ECG | - P200.00 |
| Complete blood count | - P120.00 |



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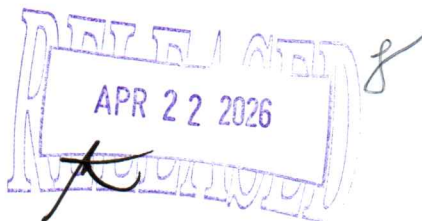


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12. All interested personnel may avail the APE through PROLAB Diagnostics on a **VOLUNTARY basis**. And those who prefer to undergo the examination outside PROLAB may also do so.
13. The Mobile Clinic personnel are expected to be at the venue a day prior the schedule. Please provide accommodation for them. The start of the examination will be at 5:00 AM.
14. 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.
15. 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 on or before **June 15, 2026**.
16. Attached is the schedule for your reference.
17. Please be guided accordingly.


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

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DATE	DAY/TIME	VENUE/DISTRICTS
MAY 25, 2026	Monday/6:00AM	<p>VENUE: MAGALANG ES</p> <p>1) MAGALANG SOUTH DISTRICT and SECONDARY SCHOOLS; Andres M. Luciano HS Ayala HS Rodolfo V. Feliciano Memorial HS Turu IS SHS in Magalang</p> <p>2) MAGALANG NORTH DISTRICT and SECONDARY SCHOOLS; Dolores NHS Balitucan NHS Carmelo Lazatin NHS</p> <p>3) BACOLOR NORTH DISTRICT and SECONDARY SCHOOLS Tinajero Main HS Tinajero Annex HS</p>
MAY 26, 2026	Tuesday/6:00AM	<p>VENUE: ARAYAT CS</p> <p>1) ARAYAT WEST DISTRICT and SECONDARY SCHOOLS; Arayat NHS Justino Sevilla NHS Gatiawin NHS</p> <p>2) ARAYAT WEST DISTRICT and SECONDARY SCHOOLS Camba HS Candating NHS San Juan Bano HS</p>
MAY 28, 2026	Thursday/6:00AM	<p>VENUE: PORAC ES</p> <p>1) PORAC EAST DISTRICT and SECONDARY SCHOOLS Porac NHS Eastern Porac HS Villa Maria HS Sapang Uwak IS</p> <p>2) PORAC WEST DISTRICT and SECONDARY SCHOOLS Pulong Santol Main NHS Porac Model Community HS Camias NHS Planas NHS</p> <p>3) PORAC WEST DISTRICT and SECONDARY SCHOOLS Pulong Santol Main NHS Porac Model Community HS</p>



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		Camias NHS Planas NHS
JUNE 1, 2026	Monday/6:00AM	<p>VENUE: GUAGUA ES</p> <ol style="list-style-type: none"> 1) GUAGUA EAST DISTRICT and SECONDARY SCHOOLS Betis NHS GD Mendoza NHS 2) GUAGUA WEST SISTRICK and SECONDARY SCHOOLS Natividad HS Pulung Masle HS San Antonio IS 3) BACOLOR SOUTH DISTRICT and SECONDARY SCHOOLS San Isidro HS San Vicente Pilot School Potrero HS Bacolor HS DALCUIS HS San Antonio IS Tinajero IS Bacolor IS 4) STA RITA DISTRICT and SECONDARY SCHOOLS Becuran NHS San Basilio NHS ASSET
JUNE 2, 2026	Tuesday/6:00AM	<p>VENUE: FLORIDABLANCA ES</p> <ol style="list-style-type: none"> 1) FLORIDABLANCA EAST DISTRICT and SECONDARY SCHOOLS Gutad NHS Paguiruan NHS Diosdado Macapagal Memorial NHS Valdez HS 2) FLORIDABLANCA WEST DISTRICT and SECONDARY SCHOOLS Basa Air Base NHS FNAS San Jose NHS Pasay City HS Nabuclod IS



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<p>JUNE 3, 2026</p>	<p>Wednesday/6:00AM</p>	<p>VENUE: LUBAO ES</p> <ol style="list-style-type: none">1) LUBAO EAST DISTRICT and SECONDARY SCHOOLS San Jose Gumi IS Bancal Pugad IS Lubao NHS Remedios NHS Del Carmen NHS2) LUBAO NORTH DISTRICT and SECONDARY SCHOOLS Wenceslao HS San Roque Dau HS San Vicente NHS3) LUBAO WEST DISTRICT and SECONDARY SCHOOLS Sta Cruz High IS San Pablo 2nd NHS Sta Tereza 2nd IS Baruya NHS Prado Siongco HS San Roque Arbol HS Santiago HS4) SASMUAN DISTRICT and SECONDARY SCHOOLS Sto Tomas NHS Malusac NHS Sebitanan IS Batang Sasmuan HS
<p>JUNE 4, 2026</p>	<p>Thursday/6:00AM</p>	<p>VENUE: SAN MATIAS ES</p> <ol style="list-style-type: none">1) STO TOMAS DISTRICT and SECONDARY SCHOOLS San Matias NHS Sto. Tomas NHS Emigdio A. Bondoc SHS Dr. Emigdio A. Bondoc HS Sto. Rosario IS2) MINALIN DISTRICT and SECONDARY SCHOOLS Sta Maria NHS Sto Rosario NHS Bulac HS Conrado Macapinlac Sr HS Pedrita HS Anita G. Flores NHS



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<p>JUNE 8, 2026</p>	<p>Monday/6:00AM</p>	<p>VENUE: SAN VICENTE ES</p> <p>1) APALIT DISTRICT and SECONDARY SCHOOL Balucuc NHS Apalit NHS Sampaga IS Cansinala NHS Bro. Andrew Gonzales NHS Sucad NHS Calantipe HS SHS in Apalit Stand Alone Sto. Rosario HS</p> <p>2) SAN SIMON DISTRICT and SECONDARY SCHOOL Dela Paz Libutad NHS San Pedro NHS Concepcion IS San Simon HS Sta Monica HS Sto. Nino IS San Agustin IS San Nicolas IS San Jose IS</p>
<p>JUNE 9, 2026</p>	<p>Tuesday/6:00AM</p>	<p>VENUE: MACABEBE ES</p> <p>1) MACABEBE EAST DISTRICT and SECONDARY SCHOOLS San Vicente-San Francisco NHS Caduang Tete HS Telacsan NHS Macabebe HS</p> <p>2) MACABEBE WEST DISTRICT and SECONDARY SCHOOLS San Esteban NHS Consuelo HS Sta Maria NHS Dalayap HS</p> <p>3) MASANTOL NORTH DISTRICT and SECONDARY SCHOOLS Masantol NHS Sitio Mindanao HS</p> <p>4) MASANTOL SOUTH DISTRICT and SECONDARY SCHOOLS Tarik Suliman HS Sapang Kawayan HS Malauli HS</p>



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JUNE 10, 2026	Wednesday/6:00AM	<p>VENUE: MEXICO ES</p> <ol style="list-style-type: none">1) MEXICO SOUTH DISTRICT and SECONDARY SCHOOLS Gerry H. Rodriguez HS2) MEXICO NORTH DISTRICT and SECONDARY SCHOOLS Malino NHS Disdado Macapagal HS Mexico NHS3) MEXICO WEST DISTRICT and SECONDARY SCHOOLS Nicanor Vergara NHS Don Jesus Gonzales NHS San Juan NHS Cawayan IS
JUNE 11, 2026	Thursday/6:00AM	<p>VENUE: CANDABA ES</p> <ol style="list-style-type: none">1) CANDABA WEST DISTRICT and SECONDARY SCHOOLS Pasig HS Paralaya HS Lanang HS Gulap HS2) CANDABA NORTH DISTRICT and SECONDARY SCHOOLS Salapungan HS Mandili HS Mapaniqui HS Tagulod HS3) STA ANA DISTRICT and SECONDARY SCHOOLS Sta Ana NHS San Isidro HS Telesforo Natividad HS Sta. Ana Central HS



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<p>JUNE 16, 2026</p>	<p>Tuesday/6:00AM</p>	<p>VENUE: SAN LUIS ES</p> <p>1) SAN LUIS DISTRICT and SECONDARY SCHOOLS 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</p> <p>2) CANDABA EAST DISTRICT and SECONDARY SCHOOLS Bahay Pare HS Talang HS Mangga HS Pulong Gubat HS Visal San Pablo HS</p>
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