



Republic of the Philippines
Department of Education
REGION III
Schools Division Office of Bulacan

December 02, 2024

DIVISION MEMORANDUM

No. 558 s. 2024

**ADVANCING GENDER-SPECIFIC HEALTH MONITORING: YEAR 5 OF EARLY
DETECTION INITIATIVE (ANNUAL LABORATORY TEST FOR SDO PERSONNEL)**

To: **Assistant Schools Division Superintendents**
Division Chiefs
Education Program Supervisors
Public Schools District Supervisors
Unit Heads
All Personnel (SDO Proper)


1. Anent to DepEd Memorandum No. 22 s, 2015, entitled Annual Physical Examination of All DepEd Employees (Teaching and Non – Teaching Personnel), and in compliance to RA 11223 of the Universal Health Care Act and its Implementing Rules and Regulations, this office shall conduct Annual Laboratory Examination for SDO (Proper)
2. This activity aims to promote early detection of common illnesses and potentially life – threatening diseases by implementing proactive health screening measures and assess and ensure the physical fitness of all employees enabling them to effectively carry out their assigned tasks and functions.
3. Specific test to be conducted in each employee are based on the test package that was selected in the survey form.
4. The conduct of Annual Laboratory Examination shall be held on December 10 - 11, 2024 at SDO Conference Hall from 6:00 AM onwards.
5. A mobile van will be located at SDO grounds for Chest X – ray.
6. Personnel are expected to be on NPO (nothing by mouth) or 10 hours fasting until the tests are done the following morning.
7. Employees included in the test packages with special test will be administered at Sacred Heart Hospital of Malolos, Inc..Special test includes:



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- Whole Abdominal UTZ for 173 employees and Mammogram for 59 employees will be scheduled over 8-9 days; with 20 appointments each day. A fixed time slot of 7am-9am will be reserved for DepEd employees.

8. Attached are the following Enclosure No.1a- Schedule of Personnel per Package.1b Annual Physical Examination Package: enclosure No. 2 List of Employees per Package.
9. Laboratory package card will be provided for each employee which will serve as proof for every procedure availed by each employee
10. Employees who failed to comply the test packaged they selected may risk being charged the same amount as the package.
11. Expenses to be incurred in the conduct of the activity shall be charged against GAD fund subject to accounting and auditing rules and procedures.
12. Other inclusion of the said packages are as follows:
 - Pre- APE Health Seminar on December 04, 2024.
 - Comprehensive dental assessments
 - Zumba sessions
 - Basic exercise with a physical therapist
 - Post health evaluation seminar to discuss results
13. General health results will be released within 10 working days after the collection of specimens.
14. Immediate and wide dissemination of this memorandum is desired.


NORMA P. ESTEBAN, EdD, CESO V
Schools Division Superintendent



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Enclosure NO. 1 to **DIVISION MEMORANDUM No. 558, s. 2023**

UNIT SCHEDULE FOR THE ANNUAL LABORATORY EXAMINATION

DAY 1 -	Time of Extraction	Last Meal prior to APE	Unit/ Section
CONFERENCE ROOM	6:30 - 6:59 am	8:30 pm	Package E (20 female)
	7:00 - 7:29 am	9:00 pm	Package E (20 female)
	7:30 - 7:59 am	9:30 pm	Package E&B (20 female)
	8:00- 8:29 am	10:00 pm	Package B (20 female)
	8:30 -9:00 am	10:30 pm	Package B (25 female)
Day 2	Time of Extraction	Last Meal prior to APE	Unit/ Section
CONFERENCE ROOM	6:30 - 6:59 am	8:30 pm	Package C (27 male)
	7:00 - 7:29 am	9:00 pm	Package D (30 male)
	7:30 - 7:59 am	9:30 pm	Package A (20 male & female)
	8:00- 8:29 am	10:00 pm	Package A (20 male & female)
	8:30 -9:00 am	10:30 pm	Package A (17 male & female)



Subok at Maasahan

METRO PACIFIC HEALTH

Enclosure 1b

ANNUAL PHYSICAL EXAMINATION PACKAGES

Package A: 57 employee FEMALE AND MALE 34 BELOW Price: 3,370	Package B: 46 employee FEMALE 35 to 49 Price: 3,090	Package C: 27 employee MALE 35 to 49 Price: 3,440
1.CBC (Complete Blood Count) 2.Urinalysis 3.FBS (Fasting Blood Sugar) 4.Lipid Profile (Chole, Trigly, DHDL, LDL, VLDL) 5.BUA (Blood Uric Acid) 6.BUN (Blood Urea Nitrogen) 7.Creatinine 8.SGPT/ALT 9.SGOT/AST 10.CHEST AP 11.Electrocardiogram (12 LEADS) 12.Full Medical Exam 13.Whole Abdomen UTZ	1.CBC (Complete Blood Count) 2.Urinalysis 3.Lipid Profile (Chole, Trigly, DHDL, LDL, VLDL) 4.BUA (Blood Uric Acid) 5.Creatinine 6.SGPT/ALT 7.SGOT/AST 8.CHEST AP 9.Electrocardiogram (12 LEADS) 10.HBA1C (Hemoglobin Glycosylated A1C) 11.Papsmear 12.Full Medical Exam	1.CBC (Complete Blood Count) 2.Urinalysis 3.Lipid Profile (Chole, Trigly, DHDL, LDL, VLDL) 4.BUA (Blood Uric Acid) 5.Creatinine 6.SGPT/ALT 7.SGOT/AST 8.CHEST AP 9.Electrocardiogram (12 LEADS) 10.Total Prostate Specific Agent 11.HBA1C (Hemoglobin Glycosylated A1C) 12.Full Medical Exam 13.Whole Abdomen UTZ

Package D: 30 employee MALE 50 ABOVE Price: 5,360	Package E: 59 employee FEMALE 50 ABOVE Price: 6,380
1.CBC (Complete Blood Count) 2.Urinalysis 3.Lipid Profile (Chole, Trigly, DHDL, LDL, VLDL) 4.BUA (Blood Uric Acid) 5.Creatinine 6.SGPT/ALT 7.SGOT/AST 8.Total Bilirubin 9.Albumin 10.CHEST AP 11.Electrocardiogram (12 LEADS) 12.TSH -VIDAS 13.Total Prostate Specific Agent 14.HBA1C (Hemoglobin Glycosylated A1C) 15.Full Medical Exam 16.Whole Abdomen UTZ	1.CBC (Complete Blood Count) 2.Urinalysis 3.Lipid Profile (Chole, Trigly, DHDL, LDL, VLDL) 4.BUA (Blood Uric Acid) 5.Creatinine 6.SGPT/ALT 7.SGOT/AST 8.Total Bilirubin 9.Albumin 10.CHEST AP 11.ECG (12 LEADS) 12.TSH -VIDAS 13.HBA1C (Hemoglobin Glycosylated A1C) 14.Papsmear 15.Full Medical Exam 16.Whole Abdomen UTZ 17. Mammogram

PACKAGE A	192,090.00
PACKAGE B	142,140.00
PACKAGE C	92,880.00
PACKAGE D	160,800.00
PACKAGE E	376,420.00
TOTAL:	964,330.00

Noted:

The Whole Abdomen ultrasound for 173 participants and Mammogram for 59 participants will be scheduled over 8-9 days, with 20 appointments each day. A dedicated time slot from 7 AM to 9 AM will be reserved for DEPED employees

Inclusions:

1. Pre-APE Health Seminar: We will kick off with an informative seminar to prepare everyone for the APE.
2. Dental Check-Up: Comprehensive dental assessments will be provided.
3. Wellness Activities: After the APE, join us for engaging wellness activities, including: Zumba sessions

Basic exercise with a physical therapist

A post-health evaluation seminar to discuss results

Results Timeline:

General health results will be released within 10 working days after the collection of specimens



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Enclosure NO. 2 to DIVISION MEMORANDUM No. 558, s. 2024

LIST OF SDO PERSONNEL PER PACKAGE

PACKAGE A - MALE AND FEMALE (34 y.o and below)

1. Atty. Bryan Santos
2. Jonas S. Molina
3. Marilyn D. Santos
4. Dondée R. Torres
5. Mark Joseph M. Roque
6. Pauline H. Calayag
7. Shairo R. Centeno
8. Jose Marie R. Marcelo
9. Kristine Joy DG Tico
10. Richard Tiongson
11. Ivy Debhany S. Cabanal
12. Toby Alejandro
13. Hana Molina Hernandez
14. Maybeline R. Balite
15. Alvin Suriben
16. Garry S. Salamat
17. Wella Patricia Fernando
18. Diane M. De Isla
19. Lady Grace Bautista Santos
20. Federico San Victores Jr.
21. Maria Perpetua Perez
22. Dan Harvey D. Castro
23. Maria Paula Nunag
24. Fresly John M. Corpuz
25. May Joy M. Del Moro
26. Jamaica Desiree Marcelino
27. Krismond Rey DR Tamon
28. Tritan Russ E. Valderama
29. April Rose P. Roldan
30. Cyril Alexandria Dr Manansala
31. Gelene Anne . Santos
32. Yanelleen Grace Cruz
33. Ma. Patricia Alexandra G. Santiago
34. Lloyd V. Cunana
35. Charlotte Joyce C. Casimiro
36. Marielle Mae Bernardo
37. Kimran C De Jesus
38. Angelica DS De Guia
39. Alfredo S. Lopez III
40. Maricris S. Isip
41. Arlene B. Caparas
42. Calvin Louise A. Jose
43. Carl Paulo A. Fernando
44. Precious S. Baluyot



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45. Kathleen Ruth C. Rabusa
46. Karen Lyn C. Gonzales
47. Catrine Edriane S. De Guzman
48. Lester Jeo Libao
49. Jane P Galang
50. Alino Mauro R. Gatdula
51. Joannarie C. Garcia
52. Remilyn M. Sulit
53. Ria Marie Dioquino
54. Dave Lance Tiglao
55. Sonny Paras
56. Gerald Arceo
57. Kirsty Hanna DC. Caparas

PACKAGE B - FEMALE (35-49 yo)

1. Melissa C. Rodriguez
2. Melody G. Regalado
3. Claire De Jesus
4. Maribel Enriquez
5. Ma. Josepina Alincaestre
6. Cecilia Protestante
7. Mariane T. Manarang
8. Karen Minette Danganan
9. Agnes Seifnezhad
10. Sheryll Dela Peña
11. Ma. Angela Dionisio
12. Camille Mallari
13. Precila A. Magpayo
14. Czarina Laderas
15. Loradel Pasco
16. Bianca Borlongan
17. Cecille E. Cruz
18. Ma. Victoria M. Torbeles
19. Roselle Ramos
20. Marites Evangelista
21. Shirley Burgos
22. Jean Rochelle Mendoza
23. Melda L. Villanueva
24. Pauline Delos Santos
25. Mary Grace Yutoc
26. Maribel Perez
27. Arminada Valentino
28. Charity Grace Igaya
29. Amabelle Joyce Victoria
30. Julie Ann L. Mariano
31. Ma. Elaine De Guzman
32. Mae Lyn C. Delos Santos
33. Jezliah C. Ureta



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34. Bernadette R. De Jesus
35. Maria Celine Enriquez
36. Danica Mae Domingo
37. Mylene Isidro
38. Jennifer Daguman
39. Julie Ann Cruz
40. Shiela Marie Castillo
41. Zerah Anne Belaidi
42. Rose Jay Galman
43. Rhia Lyn Del Rosario
44. Clarisse Madeline Trillana
45. Ana Patricia C. Cruz
46. Carina Jaminal

PACKAGE C - MALE (35-49 yo)

1. Allan Barredo
2. Ronald Salvador
3. Jayson Sanchez
4. Marvin Laderas
5. Richjard Biglete
6. Bienvenido Reyes Jr.
7. Guillermo Toria
8. Gary Lopez
9. Edison De Ocampo
10. Ferdinand Lugo
11. Jay-Ar Tayao
12. Ronaldo Climaro
13. Pedro Lacap
14. Engelbert Dela Cruz
15. Brian Amiel De Jesus
16. Sherwin Joaquin
17. John Paolo Trinidad
18. Rod Christopher Tolentino
19. Joel Basallo
20. Ariston Manuel
21. Eliseo Gudoy
22. Armando Nabong
23. Jay-Ar Sangoyo
24. Alexander Cruz
25. Alhro Vargas
26. Adrian M. Dorojo
27. Ron Dionisio Perez

PACKAGE D - MALE (50 yo above)

1. Jose Levy Santos
2. Vergel Bodoso
3. Juanito Santos
4. Francisco Salonga



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5. Noel Salcedo
6. Elmer Lopez
7. Raul Espiritu
8. Elmer Villareal
9. Ronnie Perez
10. Paulo Eduardo Cruz
11. Ramiro Pascual
12. Joseph Jones Silverio
13. Angeles Guevarra Jr.
14. Jose T. Isip
15. Gerry Inoncillo
16. Francisco Macale
17. Virgilio Laggui
18. Edgardo Macarasig
19. Daniel Ortega
20. Rafael Rubio
21. William Ortega
22. Maximo Herrera
23. Guillermo J. Flores
24. Alexander Adonis
25. Carlito Dela Cruz
26. Guilbert Agapito
27. Paul Candelaria
28. Jonard David
29. Candido Bello

PACKAGE E - FEMALE (50 yo ABOVE)

1. Norma P. Esteban
2. Maria Celina L. Vega
3. Josefina Pederocche
4. Maribel Cruz
5. Victoria Madrigal
6. Rona Gema Mercurio
7. Generosa Roque
8. Ronalyn Paulino
9. Rosalyn Dela Cruz
10. Lorena Bodoso
11. Raquel Climaco
12. Gloria Ocaña
13. Yolanda G. Jimenez
14. Lucia Jane Chico
15. Maria Luisa De Jesus
16. Mylene B. Dela Cruz
17. Ma. Lourdes J. Patag
18. Ma. Jesusa B. Pampilon
19. Maria Adora Pacificador
20. Cecilia S. Custodio
21. Vilma Q. Aguas



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22. Cecilia Dineros
23. Ma. Leonora Ignacio
24. Ma. Bella Fajardo
25. Cherry T. Alba
26. Maricel M. Sulit
27. Anita C. Apostol
28. Marie Anthonette Panganiban
29. Editha Bequizo
30. Marilen G. Ramos
31. Analyn T. Cruz
32. Agnes D. Bernarndo
33. Anastacia N. Victorino
34. Glenda Constantino
35. Rainelda Blanco
36. Perlita Pagdanganan
37. Angelita Baltazar
38. Esperanza Perez
39. Precila Iliscupidez
40. Marilou Cruz
41. Dulce Regina Florez
42. Lorena Cardenas
43. Lourdes P. Villena
44. Marissa Ortega
45. Lorelina G. Sierra
46. Marinela Sy
47. Cecilia P. Buenaventura
48. Lora Manalo
49. Teresita Alquiza
50. Ma. Nerissa Fanuncio
51. Raquel D. Salazar
52. Ana-Liza Villanueva
53. Edelmira Dorega
54. Ma. Niña Avendaño
55. Leonora V. Bergado
56. Annabelle Palomo
57. Precilla SM. Navarro
58. Milagros Aquino
59. Dolores Santos