



Republic of the Philippines
Department of Education
CARAGA REGION



March 25, 2021

REGIONAL MEMORANDUM
No. 186, s. 2021

To: SCHOOLS DIVISION SUPERINTENDENTS
This Region

ANNUAL PHYSICAL EXAMINATION OF ALL DEPED EMPLOYEES

1. The Department of Education recognizes the necessity to keep our teaching and non-teaching personnel healthy and resilient considering that their physical well-being has a significant impact on the delivery of services especially during this time of the COVID-19 pandemic.
2. Pursuant to the DepEd Memo 22, s 2015 entitled Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching personnel) and as per RA 11223 or the Universal Health Care Act and its Implementing Rules and Regulations, all teaching and non-teaching personnel are required to undergo an Annual Physical Examination.
3. The medical examination aims to ensure that all employees are physically fit to perform their assigned tasks and functions.
4. The following diagnostic tests are required:
 - a. Chest Xray PA view (except for pregnant women)
 - b. Complete Blood Count
 - c. Urinalysis
5. For personnel with existing comorbid conditions (e.g. hypertension, diabetes mellitus, chronic kidney diseases, cardiovascular diseases, etc.) the following additional laboratory tests are required:
 - a. Lipid Profile
 - b. Fasting Blood Sugar
 - c. Creatinine
 - d. SGPT
 - e. BUA
 - f. ECG
6. Laboratory results shall be attached to CS Form 86 to be signed by a Medical Officer or any government physician for medical clearance.



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7. Compliance to the existing IATF protocols and minimum public health standards must be observed when doing the said laboratory examinations and during the physical examination.
8. Consolidated reports on the Annual Health Examination shall be submitted via email through caragaessd.hnu@deped.gov.ph on or before June 15, 2021.
9. For your information, guidance and compliance.


EVELYN R. FETALVERO, CESO IV
Regional Director 

Encls.: NONE

Reference: NONE

To be indicated in the Perpetual Index
under the following subjects:

ANNUAL PHYSICAL EXAMINATION

DEPED PERSONNEL

ESS/jcc
03/25/2021