



Republic of the Philippines
Department of Education
CARAGA REGION

REGIONAL MEMORANDUM
No. 0058 , s. 2026

JANUARY 22, 2026

To: Schools Division Superintendents
All Others Concerned

ANNUAL PHYSICAL EXAMINATION OF ALL DEPED EMPLOYEES

1. Pursuant to DepEd Memorandum 22, s. 2015, entitled *Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching personnel)* and RA 11223, also known as the *Universal Health Care Act*, **all teaching and non-teaching personnel are required to undergo an Annual Physical Examination (APE).**
2. This medical examination aims to ensure the health and well-being of all employees, recognizing that physical condition significantly impacts quality of service delivery.
3. The following are the required diagnostic tests:
 - a. Chest Xray PA view – not required for pregnant women
 - b. Complete Blood Count
 - c. Urinalysis
4. For personnel with existing comorbidities (e.g. hypertension, diabetes mellitus, chronic kidney diseases, cardiovascular diseases, etc.) additional laboratory tests may be recommended by the Medical Officer or their attending physician, as deemed necessary.
5. An oral examination will also be conducted by the Division Dentist or any government/private dentists. School Health Division (SHD) Form 4-A must be signed by the examining dentist before obtaining the signature of the Medical Officer or any government/private physician.
6. The expenses for the APE shall be charged against the Health Maintenance Organization (HMO) procured through the Medical Allowance of each personnel. All Personnel are advised to have their laboratory tests conducted at any accredited medical laboratory or facility of their choice.
7. Consolidated reports on the Annual Health Examination must be submitted via email to caragaessd.hnu@deped.gov.ph on or before April 30, 2026.
8. For your information, guidance, and compliance.

Digitally
signed by
Asuncion
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Casona
Date:
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2026-01-00734



Encl.: None

Reference: DepEd Memorandum (No. 22, s. 2015)

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

EMPLOYEES

ESSD/jcc
01/20/2026