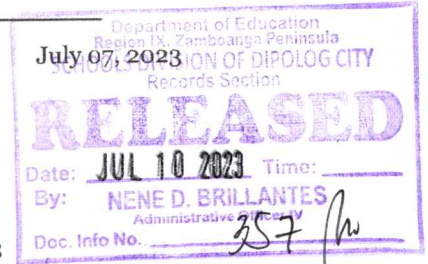




Republic of the Philippines  
Department of Education  
REGION IX - ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY

DIVISION MEMORANDUM  
No. 357, s. 2023



ANNUAL PHYSICAL EXAMINATION OF  
TEACHING AND NON-TEACHING PERSONNEL 2023

To: **All Elementary and Secondary School Heads**  
**All School Health and Nutrition Personnel**  
**All Teaching and Non-Teaching Personnel**  
*This Division*

1. Pursuant to DepEd Memorandum No. 22, s. 2015 titled "Annual Physical Examination (APE) of DepEd Employees (Teaching and Non-Teaching Personnel)", all are required to undergo the said APE for calendar year 2023 to ensure that all employees are physically fit to perform their duties and functions.
2. In line with this, the following routine diagnostic tests **must be complied prior to medical/dental check-up:**
  - a. **Chest X-ray PA view**  
(*must be within six months upon the APE, except pregnant women*)
  - b. **Complete Blood Count (CBC)**
  - c. **Urinalysis**
3. Personnel with comorbidities (*e.g. Hypertension, Diabetes Mellitus, Chronic Kidney Disease, Cardiovascular Disease or heart problems, etc.*) may opt for additional laboratory examinations which may be required by their respective attending physician as deemed necessary.
4. Prior to the examination of the Medical Officer/Physician of any government agency, **Oral Health Record and Form 86/School Health Division (SHD) 4-A** must be updated during the conduct of vital signs taking and dental check-up on the scheduled dates (*see Enclosure 1*) by School Health and Nutrition Unit.
5. Deadline of the accomplished health forms together with diagnostic test results will be on **August 18, 2023.**
6. For inquiries/clarifications, kindly contact **Dr. Clees Paul Z. Tabiliran, Dentist II/SHNU In-charge**, at **0930-127-1707**.
7. Immediate and widest dissemination of this memorandum is desired.

  
**MA. LIZA R. TABILON EdD, CESO V**  
Schools Division Superintendent



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 SCHOOLS DIVISION OF DIPOLOG CITY

Enclosure 1

**SCHEDULE OF PHYSICAL AND DENTAL EXAMINATION OF PERSONNEL**

DATE	DISTRICT	SCHOOL	VENUE
July 18, 2023 (Tuesday)	South District	Linay ES, Kepyanan ES Virginia ES, Diwan ES Pamansalan ES, Cogon ES Guinsangaan ES	Punta CS Clinic
July 19, 2023 (Wednesday)		San Jose ES, San Alfonso ES Cayasan ES, Sangkol ES Sinaman IS, Sta. Cruz ES	Punta CS Clinic
July 25, 2023 (Tuesday)		Punta CS, Laoy Olingan ES Olingan South ES, Olingan ES	Punta CS Clinic
July 26, 2023 (Wednesday)		Pamansalan ETHS, Cogon NHS Punta NHS, AQUMATSHS	Punta CS Clinic
July 27, 2023 (Thursday)	North District	DPDS Biasong ES	DPDS Clinic
July 28, 2023 (Friday)		Sicayab ES Sicayab NHS	DPDS Clinic
August 1, 2023 (Tuesday)		Dipolog City NHS Barra ES	DPDS Clinic
August 2, 2023 (Wednesday)	West District	MECS Miputak NHS	ALS, Miputak
August 3, 2023 (Thursday)		Sta. Filomena IS Sta. Isabel ES	ALS, Miputak
August 4, 2023 (Friday)		Tubod IS Galas ES Galas NHS	ALS, Miputak
August 7, 2023 (Monday)	SDO	Division Office	SDO/SHNU Clinic
August 8, 2023 (Tuesday)	East District	Estaka CS	Estaka CS Clinic
August 9, 2023 (Wednesday)		Upper Dicayas IS Dicayas ES Lugdungan ES	ZNNHS Main Clinic
August 10, 2023 (Thursday)		Gulayon IS Linabo ES Minaog ES	ZNNHS Main Clinic
August 11, 2023 (Friday)		Turno ES St. John ES Sto. Nino ES	ZNNHS Main Clinic
August 15, 2023 (Tuesday)		ZNNHS Turno	ZNNHS Turno Clinic
August 16, 2023 (Wednesday)		ZNNHS Main	ZNNHS Main Clinic



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