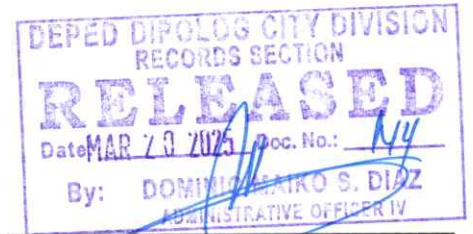




Republic of the Philippines  
**Department of Education**  
REGION IX – ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY



March 18, 2025

**DIVISION MEMORANDUM**

No. 144, s. 2025

**ANNUAL PHYSICAL EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL**

To : All Public Elementary and Secondary School Heads  
All Teaching and Non-Teaching Personnel  
All School Health and Nutrition Personnel  
*All Others Concerned*

1. Pursuant to DepEd Memorandum No. 22, s. of 2015 or the **Annual Physical Examination (APE) of DepEd Employees**, all teaching and non-teaching personnel are required to comply their *Form 86 (Health Examination Card)* 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:
  - a. *Chest X-Ray PA view*  
(*must be within six months; pregnant women may submit Sputum Exam*)
  - b. *Complete Blood Count (CBC)*
  - c. *Urinalysis*
3. Personnel with comorbidity (*e.g. Hypertension, Diabetes Mellitus, Chronic Kidney Disease, Cardiovascular Disease or Heart Problem and etc.*) may opt for additional Laboratory examinations which may be required by their respective attending physicians as deemed necessary.
4. Please note that **Oral Health Record and Form 86/School Health Division (SHD) 4-A** must be updated during the scheduled vital signs taking and dental check-up prior to the examination of the Medical Officer of any government agency. (*Please see Enclosure 1*)
5. All required diagnostic test results must be attached to their respective Form 86 records and must be accomplished before your district's schedule.
6. For inquiries and clarifications, kindly contact Dr. Clees Paul Z. Tabiliran - Dentist II/OIC - SHNU at **0930-127-1707**.
7. Immediate and widest dissemination of this Memorandum is highly desired.

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

Ref: None  
Encl: Schedule of Check-Up  
SGOD/SHNU/cpzt/DM/



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Enclosure 1

DISTRICT	DATE	SCHOOL	VENUE
South District	March 25, 2025	Virginia ES Kepiyanan ES Pamansalan ES Linay ES Pamansalan ETHS Guinsangaan ES Cayasan ES Diwan ES	<b>Pamansalan Eco-Tech High School</b>
	March 26, 2025	Cogon ES Cogon NHS San Alfonso ES San Jose ES Sangkol ES	<b>Cogon National High School</b>
	March 27, 2025	Sinaman IS Punta CS Sta. Cruz ES Olingan South ES	<b>Punta Central School</b>
	March 28, 2025	Laoy Olingan ES AQUMATSHS Punta NHS Olingan ES	- Central Clinic
North District	April 3, 2025	All North District Schools	<b>Dipolog Pilot Demonstration School</b> - Central Clinic
East District	April 7 & 8, 2025	All East District Schools	<b>Estaka Central School</b> - Central Clinic
West District	April 10 & 11, 2025	All West District Schools	<b>Miputak East Central School</b> - Central Clinic