



Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
Schools Division of Benguet

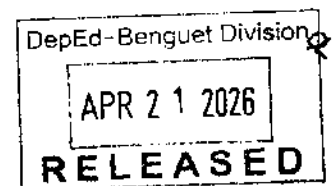
21 April 2026

**DIVISION MEMORANDUM**

No. 136 s. 2025

**ANNUAL MEDICAL AND PHYSICAL EXAMINATION OF DEPED EMPLOYEES  
(TEACHING, RELATED-TEACHING, AND NON-TEACHING PERSONNEL) CY 2025-2026**

To: School Governance and Operations Division  
Curriculum Implementation Division  
Public Schools District Supervisors and District Heads  
School Heads of Concerned Public Elementary Schools  
School Heads of Concerned Public Secondary Schools



1. Pursuant to the DepEd Memorandum No. 22, s. 2015, entitled Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching Personnel), in accordance with RA 11223 or the Universal Health Care Act, its Implementing Rules, and Regulations, and in compliance with the Civil Service Commission Memorandum Circular No.38, s. 1992, all SDO Benguet Teaching and Non-Teaching Personnel are required to undergo Annual Medical and Physical Examination.
2. The annual health examination shall be conducted to ensure that employees are physically fit to perform their assigned roles and functions to give quality, healthy and safe services as public servants using the revised Form 86. (*See Enclosure No. 1*)
3. **The following diagnostic tests are required:**
  - a. Chest X-Ray PA view taken within the last 6 months (except for pregnant women)
  - b. Complete Blood Count
  - c. Urinalysis
4. For personnel aged 40 years and above, and for those with existing comorbid conditions (e.g., hypertension, cardiovascular disease, diabetes mellitus, chronic kidney disease, or other related conditions), blood chemistry tests (including lipid profile, FBS/HbA1c, BUN, creatinine, SGOT, SGPT, and blood uric acid) are highly recommended. It is also advised that female employees aged 30 and above undergo a Pap smear every three years.



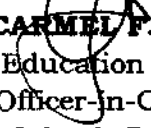
Address: Wangal, La Trinidad, Benguet  
Telephone Number: (074) 422-6570  
Email: [benguet@deped.gov.ph](mailto:benguet@deped.gov.ph)  
Facebook Page: DepEd Tayo Benguet





Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
**Schools Division of Benguet**

5. Medical consultation and Form 86 certification should preferably be conducted by a government physician or the SDO Medical Officer.
6. Schedule of Medical Examination by DepEd Medical Officer will start on May 4 to May 29, 2026.
7. To ensure timely consolidation, the deadline for submission of the Annual Medical and Physical Examination results by each school shall be on or before June 1, 2026.
8. A consolidated report per district on the results of the Annual Medical and Physical Examination must be submitted to the SDO-SHNU on or before **June 5, 2026**.
9. For information, guidance and compliance.

  
**CARMEL F. MERIS**  
Chief Education Supervisor  
Officer-in-Charge *Alv*  
Office of the Schools Division Superintendent



Republic of the Philippines  
 Department of Education  
 Cordillera Administrative Region  
 Schools Division of Benguet

**Enclosure 1.**

REVISED FORM 86

Department of Education  
 HEALTH AND NUTRITION CENTER

Name: \_\_\_\_\_ Region: CAR Division: Benguet  
 Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_ Civil Status: \_\_\_\_\_  
 School: \_\_\_\_\_ Occupation: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Age: \_\_\_\_\_ Wt: \_\_\_\_\_ Height: \_\_\_\_\_ Temperature: \_\_\_\_\_  
 BP: \_\_\_\_\_ Pulse Rate: \_\_\_\_\_ Respiratory Rate: \_\_\_\_\_

Date of Examination: \_\_\_\_\_

Past History: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

PHYSICAL EXAMINATION

Skin: \_\_\_\_\_  
 ENT: \_\_\_\_\_  
 Chest: \_\_\_\_\_  
 • Heart: \_\_\_\_\_  
 • Lungs: \_\_\_\_\_  
 Abdomen: \_\_\_\_\_  
 Genito Urinary Tract: \_\_\_\_\_  
 Extremities: \_\_\_\_\_  
 Central Nervous System: \_\_\_\_\_

LABORATORY EXAMINATION

Chest X-ray: \_\_\_\_\_  
 Urinalysis: \_\_\_\_\_  
 Stool: \_\_\_\_\_  
 Other Lab Exams: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

TREATMENT: \_\_\_\_\_

REMARKS: \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 Employee's Signature  
 (over printed name)

\_\_\_\_\_  
 Physician's Signature  
 (over printed name)

Form can be accessed or downloaded at: <https://tinyurl.com/2rbd47m7>



Address: Wangal, La Trinidad, Benguet  
 Telephone Number: (074) 422-6570  
 Email: [benguet@deped.gov.ph](mailto:benguet@deped.gov.ph)  
 Facebook Page: DepEd Tayo Benguet

