



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

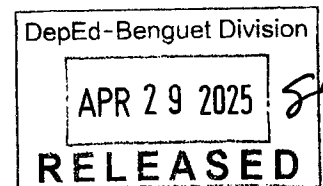
29 April 2025

DIVISION MEMORANDUM

No. 176 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.17, s. 1989, 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 servant 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) and an ECG 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
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 5 to May 30, 2025.
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 May 30, 2025.
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 6, 2025**.
9. For information, guidance and compliance.

Digitally signed by ESTELA P.
LEON-CARIÑO EdD, CESO III
Date: 2025.04.29 10:32:23
+08'00'

ESTELA P. LEON-CARIÑO EdD, CESO III
Regional Director
and Concurrent Officer in Charge
Office Schools Division Superintendent



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





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: _____
Fecalysis: _____
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
Facebook Page: DepEd Tayo Benguet

