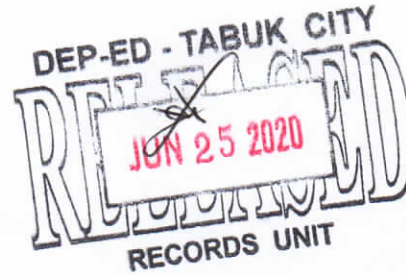




Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
Schools Division Office of Tabuk City  
Dagupan Centro, Tabuk City



Division Memorandum

No. 113 s. 2020

To: All DepEd Employees

FROM: IRENE S. ANGWAY, PhD., CESO VI  
OIC-Schools Division Superintendent

SUBJECT: ONLINE BMI (Body Mass Index) FOR DEPED EMPLOYEES

DATE: JUNE 25, 2020

1. Please be informed that this Division will be launching the Online BMI (Body Mass Index) for all DepEd employees on June 30, 2020. The link can be accessed during and after the launching @ <https://tinyurl.com/sdotabukBMItagging>
2. The purpose of this activity is to provide program updates and to advocate various health programs to teaching and non-teaching personnel thru Online input of height and weight and other health details which will be computed if Body Mass Index will be categorized as below normal, normal, overweight and obese. It also aims to continue advocacy and develop on healthy lifestyle and establish health and wellness status of personnel.
3. Widest and immediate dissemination and compliance of all Deped Tabuk City personnel to this memorandum is desired.