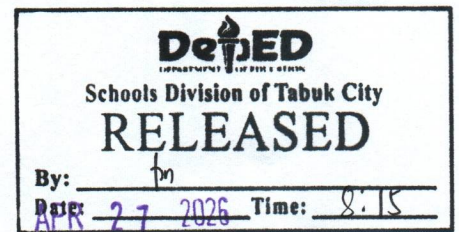




Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
**Schools Division of Tabuk City**



**Office of the Schools Division Superintendent**

April 23, 2026


DIVISION MEMORANDUM

No. 171, s. 2026

**ANNUAL PHYSICAL EXAMINATION OF ALL DEPED EMPLOYEES**

TO: All personnel

1. Pursuant to DepEd Memorandum 22, s. 2015, entitled Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching personnel) and RA 11223, also known as the Universal Health Care Act, all teaching and non-teaching personnel are required to undergo an Annual Physical Examination.
2. This medical examination aims to ensure the health and well-being of all employees, recognizing that physical condition significantly impacts quality of service delivery.
3. The following are the required diagnostic tests:
  - a. Chest Xray PA view – not required for pregnant women
  - b. Complete Blood Count
  - c. Urinalysis
4. For personnel aged 40 and above, and those with existing comorbidities (e.g. hypertension, diabetes mellitus, chronic kidney disease, cardiovascular diseases, liver disease, etc.), additional blood chemistry tests (HbA1c, lipid profile, BUN, creatinine, AST, ALT, blood uric acid) are advised.
5. All personnel have the right to choose their own healthcare provider.
6. The deadline for the submission of the Annual Physical Exam form (form 86) is on May 29, 2026. Those who fail to comply before the deadline are required to write a Letter of Justification addressed to the Schools Division Superintendent (SDS) through the Medical Officer and attached to their form 86.
7. Immediate dissemination of and compliance with this memorandum is desired.

  
**CHRISTOPHER C. BENIGNO PhD, EdD, CESO VI**  
Assistant Schools Division Superintendent  
OIC, Office of the Schools Division Superintendent

SGOD/rdnjr



**Address:** BCS compound, Purok 2, Bulanao Norte, Tabuk City, Kalinga  
**Email:** tabuk.city@deped.gov.ph  
**Website:** <https://www.depedtabukcity.com>