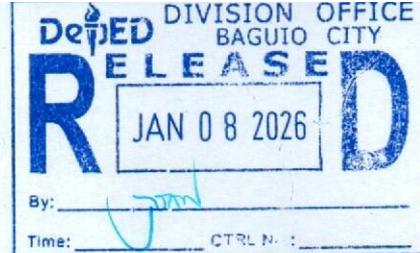




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



January 7, 2026

Division Memorandum

No. **007-2026**

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

TO: All Public Schools District Supervisors
Public Elementary and Secondary School Heads
School Health and Nutrition Personnel
Others Concerned

1. In line with the commitment of the Schools Division Office to promote the health and well-being of its personnel, this Memorandum serves to inform all teaching and non-teaching personnel of the conduct of the Annual Physical Examination (APE) for the year 2026.

2. All personnel are advised to ensure that the results of the following diagnostic work-ups are available for proper evaluation:

- Fasting Blood Sugar (FBS)
- Total Cholesterol
- HDL / LDL
- Triglycerides
- Blood Uric Acid (BUA)
- Creatinine
- SGOT / SGPT
- Urinalysis
- Complete Blood Count (CBC)
- 12-Lead Electrocardiogram (ECG)
- Chest X-ray

3. The physical examination and interpretation of laboratory results will be conducted within the months of January and February 2026.

4. Once the above diagnostic results are available, concerned personnel are requested to inform the Medical Officer or Nurse assigned to their respective districts, as follows:

- **Districts 1 and 7** – Dr. Arlene Awing
- **Districts 2 and 3** – Dr. Jesebel Laus
- **Districts 4, 5, and 6** – Dr. Mary Libeney Sito
- **Districts 8, 9, and 10** – Dr. Roger Sinot



Address: 82 Military Cutoff Rd, Baguio, Benguet, 2600
Telephone No.: (074) 665-1231
Email Address: baguio.city@deped.gov.ph



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5. All personnel are enjoined to comply with this directive, as the Annual Physical Examination is vital in ensuring that employees remain healthy and physically fit.
6. For concern and clarifications, please contact Dr. Arlene Awing, Medical Officer III, through her messenger Arlene Awing or mobile number 09054775638.
7. Immediate and wide dissemination of this memorandum is hereby directed.


SORAYA T. FACULO PhD, CESO V
Schools Division Superintendent