



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SCIENCE CITY OF MUÑOZ

14 May 2026

SCHOOLS DIVISION MEMORANDUM

No. 159, s. 2026

CONDUCT OF 2026 ANNUAL PHYSICAL EXAMINATION

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Elementary and Secondary Heads
All Others Concerned

1. Pursuant to Civil Service Commission Memorandum Circular No.17, s.1989 titled *Physical and Mental Fitness for Continued Employment in the Public Service*, this Office announces the conduct of Annual Physical Examination of all teaching personnel from May 18, 2026, until June 30, 2026, thru the Enhanced PhilHealth Konsulta Package at the Ospital ng Lungsod ng Science City of Munoz (OSLAM).
2. The purpose of this activity is to ensure that all personnel in the agency are physically fit to perform their assigned tasks and functions efficiently to provide quality service to all stakeholders and their clientele.
3. The diagnostics examination required by the agency includes Complete Blood Count, Blood Chemistry (FBS, Lipid Profile, Creatinine, Serum Uric Acid, SGPT), Urinalysis, Chest Radiology with the exclusion of pregnant employees and 12 Lead ECG among personnel with co-morbidity and above 45 years of age.
4. All concerned personnel are required to have no food and liquid intake for 10 hours prior to blood extraction and should take a light meal or snack before fasting. All are advised to avoid alcohol intake and must be well rested before the scheduled examination. Wearing a white cotton t-shirt and non-wire brassieres for female employees is a must to avoid inaccurate chest radiology results, and preferably no wearing of gold or metal jewelry during the ECG taking.
5. The School Health and Nutrition Unit shall also provide medical consultation, health analyses, treatment and referral as requested to all personnel once laboratory results are at hand.
6. Enclosed is the schedule of the annual medical examination for your guidance. Personnel who will fail to comply within the scheduled date shall be accommodated after the last day of the activity.
7. For queries, please contact MARIANNE C. CORONEL, MD, Medical Officer III through Facebook messenger or via Deped Email at marianne.coronel@deped.gov.ph.
8. Wide dissemination of this Memorandum is earnestly desired.


JOHANNA N. GERVACIO PhD, CESO V
Schools Division Superintendent



Encl: As stated
Reference: None
To be indicated in the Perpetual Index
Under the following subjects:
ANNUAL PHYSICAL EXAMINATION
SGOD/MCCoronel
10/May 14, 2026



Address: Brgy. Rizal, Science City of Muñoz, 3119

Telephone No.: (044) 806 -2192; Email Address: munozscience.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF SCIENCE CITY OF MUÑOZ

Enclosure No. 1 to the Schools Division Memorandum No. [19], s. 2026

ANNUAL PHYSICAL EXAM SCHEDULE DEPED		
LABORATORY	X-RAY / ECG	
MON- FRI 6-7 AM	MONDAY TO SUNDAY-8:00 AM	
SAT-SUN - 8 AM		
DATE	DAY	SCHOOL
May 18, 2026	MONDAY	ALS(10), BAGONG SIKAT ES(10), BICAL ES(8), BALANTE ES(8)
MAY 19,2026	TUESDAY	BANTUG ES(15), CABISUCULAN(8)CALABALABAN(8), CALISITAN(8)
May 20, 2026	WEDNESDAY	CATALANACAN(7), CURVA(15), FRANZA (8), LICAONG (8)
MAY 21,2026	THURSDAY	DEPED CLSU (20),LINGLINGAY ES(14)
MAY 22,2026	FRIDAY	GABALDON IS(30),
May 23, 2026	SATURDAY	MALIGAYA IS(24), MANGANDINGAY (8),
May 24, 2026	SUNDAY	MAGTANGGOL IS(19), MAPANGPANG(8)
May 25, 2026	MONDAY	MARAGOL IS(28),
May 26, 2026	TUESDAY	MUNOZ CENTRAL SCHOOL(1-30)
May 27, 2026	WEDNESDAY	MUNOZ CENTRAL SCHOOL(31-62),
May 28, 2026	THURSDAY	MNHS-ANNEX (1-30)
May 29, 2026	FRIDAY	MNHS-ANNEX (31-53)
May 30, 2026	SATURDAY	MNHS ANNEX(22), PANDALLA ES(7)
May 31, 2026	SUNDAY	MUNOZ NORTH CENTRAL(24) , RIZAL ES(8)
June 1, 2026	MONDAY	RVA ES (8)SAN ANDRES ES(8), SAN FELIPE (8), SAPANG CAWAYAN ES (8)
June 2, 2026	TUESDAY	SAIS (1-30)
June 3, 2026	WEDNESDAY	SAIS(31-44)], VILLA CUIZON ES (8), VILLA NATI (8)
June 4, 2026	THURSDAY	PALUSAPIS(14),INDAY MELENCIO(17)
June 5, 2026	FRIDAY	RANG--AYAN ES(11),NAGLABRAHAN(5), TEKILA GRACE (4), VILLA ISLA ES(10)
June 6, 2026	SATURDAY	SCIENCE CITY OF MUNOZ SHS (1-30)
June 7, 2026	SUNDAY	SCIENCE CITY OF MUNOZ SHS (31-60)
JUNE 13, 2026	SATURDAY	SCIENCE CITY OF MUNOZ SHS (61-81)(21), VILLA SANTOS(8)
JUNE 14, 2026	SUNDAY	
June 20, 2026	SATURDAY	
June 21, 2026	SUNDAY	
June 27, 2026	SATURDAY	
June 28, 2026	SUNDAY	
		TBA MNHS- MAIN

Note: Monday to Friday Fasting Time is from 8pm onwards
Time of Extraction: 6am to 7am
Saturday and Sunday Fasting Time is from 10pm onwards
Time of Extraction: 7am to 8am