



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

11 Mar 2026

DIVISION MEMORANDUM

No. **030** , s. 2026

PHYSICAL EXAMINATION OF FIELD-BASED TEACHING AND NON-TEACHING PERSONNEL FOR THE CY 2026

To: Assistant Schools Division Superintendent
Public Schools District Supervisors
Public Elementary & Secondary School Heads
All Others Concerned

1. In compliance with DepEd Memorandum No. 22, s. 2015, dated 19 March 2015, titled Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching Personnel), all field-based personnel in this Division are directed to undergo physical examination for the Calendar Year 2026.
2. This aims to:
 - a. Ensure that all employees are physically fit to perform their assigned tasks and functions.
 - b. limit the risk of complications by monitoring existing health-related conditions; and
 - c. Provide baseline medical status to evaluate any occupational illness that might arise during employment
3. The following diagnostic tests are required:
 - A. Complete Blood Count. (CBC)
 - B. Chest X-ray (Note: Pregnant Women are exempted. However, Sputum microscopic is requested instead.)
 - C. Urinalysis
 - D. Fasting Blood Sugar (FBS)
 - E. Lipid Profile
 - F. Serum Creatinine
 - G. Serum Uric Acid
 - H. SGPT
 - I. Electrocardiogram (ECG-12 lead)
 - J. Abdominal Ultrasound (OPTIONAL)



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

K. Breast Ultrasound (OPTIONAL)

4. The validity of diagnostic tests is as follows:

a. CBC, Chest X-ray, Urinalysis -----Not more than 1 month

b. FBS, Lipid Profile, Creatinine, Uric Acid, SGPT-----Not more than 3 months

5. The laboratory results must be attached to the Revised CS Form 86 (Annex A) to be signed by any government physician for medical clearance. The submission deadline is 31 May 2026.

6. Failure to comply with this memorandum shall be subject to disciplinary action pursuant to DepEd Order No. 49, s 2006 (REVISE RULES OF PROCEDURE OF THE DEPARTMENT OF EDUCATION IN ADMINISTRATIVE CASES).

7. In addition, Field -based teaching and non-teaching employees, who are non-compliant and have incomplete diagnostic tests, including employees on leave, such as maternity leave, are required to submit a justification letter addressed to the Schools Division Superintendent and must clearly state the reason for non-compliance or incomplete medical examination and the specific date when the employee intends to complete the required examination.

7. For inquiries, contact Dr. Lyn Frances Dominique P. Gumban, MO III, at 09182276157 or Estylinda G. Tudayan, Division Nurse In-charge at 09088108005.

8. For the information, guidance, and appropriate action of all concerned.

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: N o n e



Address: Capitol Compound, Maribulan, Alabel, Sarangani Province
Telephone No.: (083) 508-2039
Website: www.depedsarangani.com
Email Address: sarangani@deped.gov.ph



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

Reference: As stated
To be indicated in the Perpetual Index
under the following subjects:

PROGRAMS

Adriano A. Daligdig/SGOD/DM – physical examination of field-based teaching
and non-teaching personnel for the cy 2026
0221/March 11, 2026



Address: Capitol Compound, Maribulan, Alabel, Sarangani Province
Telephone No.: (083) 508-2039
Website: www.depedsarangani.com
Email Address: sarangani@deped.gov.ph