



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

September 15, 2026

REGIONAL MEMORANDUM

No. **1199** s. 2026

**REITERATION ON THE SUBMISSION OF THE ANNUAL PHYSICAL
EXAMINATION RESULTS INCLUDING LABORATORY RESULTS
TO THE SCHOOLS DIVISION HEALTH AND
NUTRITION SECTION**

To: Schools Division Superintendents
All Others Concerned

1. In reference to the DepEd Order Nos. 28, s. 2018 and 10, s. 2016, titled "Implementing Guidelines on Oplan Kalusugan sa DepEd (OK sa DepEd)" and "Policy and Guidelines for the Comprehensive Water, Sanitation, and Hygiene in Schools Program," respectively, which require all teaching and non-teaching personnel to undergo an Annual Physical Examination, this Office hereby reiterates the submission of the **Annual Physical Examination Results** including **Laboratory Results for all teaching and non-teaching personnel** for **School Year 2025-2026 to the Schools Division Health and Nutrition Section**.
2. The following documents shall be submitted:
 - a. Accomplished Annual Physical Examination Form
 - b. Complete Blood Count (CBC)
 - c. Urinalysis
 - d. Chest X-ray Result - Official Reading
 - e. Other ancillary laboratory results if required
3. For uniformity and proper monitoring, all results shall be compiled by the School Health Coordinator and submitted in hard copy and soft copy arranged per school using the template in Enclosure No. 1.
4. Deadline of submission to the District Office shall be on September 30, 2026, and to the Division Health and Nutrition Section on or before October 15, 2026.
5. Non-compliance or late submission shall be subject to appropriate action.
6. Immediate dissemination of and strict compliance with this Memorandum are desired.


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Regional Director



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Enclosures: As stated

References: As stated

To be indicated in the Perpetual Index under the following subjects:

HEALTH

LABORATORY

PHYSICAL EXAM

ESSD-SHNS-ACR



Department of Education

REGION VIII - EASTERN VISAYAS

ANNUAL PHYSICAL EXAMINATION SUMMARY

Name of School/District:

[illegible]

Address: Government Center, Candahug, Palo, Leyte

Telephone No.: (053) 832-5738

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