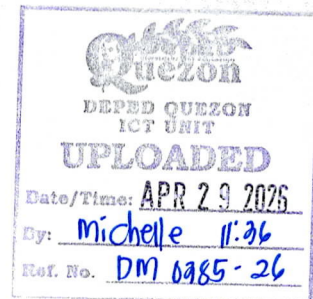




Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE



23 April 2026

DIVISION MEMORANDUM

No. 0785, s. 2026

**CONDUCT AND SUBMISSION OF ANNUAL PHYSICAL EXAMINATION OF DEPED
EMPLOYEES (TEACHING AND NON-TEACHING PERSONNEL) FOR
CALENDAR 2026**

To: Assistant Schools Division Superintendents
Division Chiefs
Section/Unit Heads
Public Schools District Supervisors
Elementary and Secondary School Heads
School Health Personnel
All Others Concerned

1. Pursuant to DepEd Memorandum No. 22, s. 2015, titled Annual Physical Examination of DepEd Employees (Teaching and Non-Teaching Personnel), this Office through the SGOD-School Health Section reiterates that all shall undergo Annual Physical Examination in compliance with Civil Service Commission Memorandum Circular No. 17, s. 1989.
2. The APE shall be conducted prior to the opening of School Year 2026–2027 to ensure that all teaching and non-teaching personnel are physically fit for continued public service.
3. The APE aims to:
 - a. assess the general health status of personnel;
 - b. identify early signs of illness to prevent complication; and
 - c. promote health awareness on healthy lifestyles among personnel;
4. For this year's APE, the required basic diagnostic tests include Chest X-ray, Complete Blood Count and Urinalysis.
5. In view of the increasing number of personnel with health-related conditions, all teaching and non-teaching personnel with pre-existing conditions such as hypertension, diabetes, heart disease, kidney disease, and other similar conditions are encouraged to present additional laboratory results, as applicable, based on the recommendation of the attending physician, including but not limited to the following:
 - a. Fasting Blood Sugar (FBS)
 - b. Lipid Profile

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

- c. SGPT
- d. SGOT
- e. Creatinine
- f. Uric Acid
- g. BUN
- h. ECG

6. The Memorandum also serves as the laboratory request for the conduct of the required examinations.
7. All laboratory results shall be attached to CS Form No. 86 (Health Examination Record) and in the Individual Health Card for Teaching and Non Teaching Personnel which must be duly signed by a Medical Officer or any government-licensed physician.
8. For references, the CS Form 86 and Individual Health Card for Teaching and Non-Teaching Personnel may be downloaded here: <https://tinyurl.com/Forms-APE2026>.
9. After the examination, consolidated reports for the APE shall be encoded and submitted through the following link

Link		Person/s responsible
https://tinyurl.com/District-APE-2026		Assigned District Nurses (Elem. T &NTP and JHS T & NTP)
https://tinyurl.com/Secondary-APE2026		Assigned IUs Secondary Nurses for Sec. T&NTP)
https://tinyurl.com/SHS-APE2026		Assigned SHS Nurses for SHS T&NTP

10. All personnel are strongly encouraged to avail the **Philhealth YAKAP** (Yaman ng Kalusugan Program). This is an enhanced primary care package offering free consultations, laboratory tests, and essential medicines (GAMOT). It focuses on preventive health, providing up to 20,000 in annual medicine access and cancer screenings to reduce financial burdens. Please see Enclosure 1 for details on YAKAP program availment.
11. Personnel who are already in the service and are expected to render at least six (6) months of service in FY 2026 are eligible for the **Medical Allowance**. Newly hired personnel shall be eligible after rendering six (6) months of service. For guidance, please refer to :
 - DepEd Order No. 16, s. 2025- Guidelines on the grant of Medical Allowance to the Department of Education Personnel.
 - Memorandum DM-OUHROD-2020-0160- Instructions on the Implementation and Immediate Processing of the Medical Allowance for FY 2026.

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

12. The District APE schedule shall be implemented in close collaboration with the respective District Nurses to ensure smooth and efficient conduct of examinations.
13. Deadline of submission of consolidated APE report shall be on June 15, 2026.
14. For Schools Division Office (SDO) personnel, a separate Memorandum shall be issued regarding the APE schedule. The Division has entered into a Memorandum of Agreement (MOA) with Lucena United Doctors Hospital and Medical Center (LUDH-MC) for the conduct of APE through a mobile medical team. Personnel who are not yet registered under any PhilHealth YAKAP provider are encouraged to register with LUDHMC to avail of the program services.
15. For further inquiries or concerns, please contact Ma. Teresita M. Abella, Nurse II/OIC-School Health Section, at mobile number 0945-577-6367, or Christine Rose R. Deocales, Nurse II/APE Focal Person, at mobile number 0951-602-0800.
16. Immediate dissemination of and strict compliance with this Memorandum are hereby enjoyed.

ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent

LORENA S. WALANGSUMBAT, EdD.

OIC-ASDS

shs/mtma/04/24/2026

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321

E-mail Address: quezon@deped.gov.ph

Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

Enclosure No. 1 to DM No. 0785, s. 2026

**ANNUAL PHYSICAL EXAMINATION (APE) OF DEPED EMPLOYEES
(TEACHING AND NON-TEACHING PERSONNEL) FOR CY 2026**

PhilHealth YAKAP (Yaman ng Kalusugan Program)

What is the PhilHealth YAKAP Program?

PhilHealth YAKAP stands for *Yaman ng Kalusugan Program para Malayo sa Sakit*. It is the expanded primary care benefit package of the Philippine Health Insurance Corporation (PhilHealth). YAKAP replaces and improves upon the previous Konsultasyong Sulit at Tama (Konsulta) program, with a stronger focus on preventive care, early detection, basic treatment, and outpatient support for members and their dependents.

The goal of YAKAP is to help Filipinos maintain good health, detect illnesses early, and avoid serious and costly hospital care by providing free or low-cost services at accredited clinics nationwide.

WHO CAN ACCESS YAKAP?

Almost all PhilHealth members and their dependents are eligible for YAKAP benefits, including:

- Regular members and their families
- Children and infants
- Senior citizens
- Overseas Filipino Workers
- Sponsored members (e.g., 4Ps)
- Persons with disabilities (PWDs)
- Solo parents and other eligible groups

Requirements:

- ✓ Members must have paid at least three months of contributions within the last six months.
- ✓ Registration with an accredited YAKAP provider (clinic or hospital) is required to avail of the benefits.

DEPEDQUEZON-TM-SDS-04-025-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

KEY BENEFITS OF YAKAP

1. Free Consultations & Outpatient Care

- Primary care consultations are available at accredited clinics for regular check-ups and basic diagnosis..
- Services at public YAKAP clinics are free of charge.
- Private clinics may charge co-payments, but these are capped (e.g., up to ₱ 900 per member per year).

2. Covered Laboratory Tests

PhilHealth covers a wide range of preventive and diagnostic tests, including (but not limited to):

- Complete blood count (CBC)
- Fasting Blood Sugar & Lipid Profile
- Urinalysis
- Chest X-ray & ECG (Electrocardiogram)
- Pap smear
- Sputum Microscopy
- Fecalysis & Occult Blood Test

These help detect illnesses like anemia, diabetes, heart and lung issues early.

3. Cancer Screening Tests

YAKAP provides free cancer screenings for early detection of common cancers:

- Mammogram and breast ultrasound (Breast Cancer)
- Low dose CT Scan (Lung Cancer)
- Alpha-fetoprotein & liver ultrasound (Liver Cancer)
- Colonoscopy (Colorectal Cancer)

4. Essential Medicines (GAMOT Program)

Through the Guaranteed Access to Medicines for Outpatient Treatment (GAMOT) initiative under YAKAP:

- Members can access up to ₱ 20,000 worth of essential outpatient medicines per year.
- Covers 75 essential medicines, including drugs for chronic diseases(e.g., hypertension, diabetes, asthma), antibiotics, and supportive therapy.

This is a major improvement from the older Konsulta program, which covered fewer medicines.

DEPEDQUEZON-TM-SDS-04-025-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321

E-mail Address: quezon@deped.gov.ph

Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

HOW TO AVAIL YAKAP BENEFITS?

You can register and access YAKAP services through:

1. PhilHealth Member Portal
2. eGovPH mobile app
3. Visiting any PhilHealth Local Health Insurance Office (LHIO)
4. Going directly to an accredited YAKAP clinic or provider

Registration via eGovPH App

Step 1: Download the App

- Available on Google Play Store (Android) or App Store (iOS).
- Search for "eGovPH" and install the cellphone.

Step 2: Create Your Account

- Register with your full name, birthdate, age, and address.
- Upload a valid government-issued ID (e.g, National ID, Driver's License, Voter's ID)
- Complete your login credentials (email/phone number and password).

Step 3: Access PhilHealth Section

- On the eGovPH homepage, locate the PhilHealth tab.
- Tap the YAK.AP section and follow instructions to register.

Step 4: Confirm Your Registration

- You will receive a confirmation message from the app.
- Visit a PhilHealth Mobile Clinic to validate your registration, update your membership, or clarify information.

Note: Once registered, you must use services at your chosen YAKAP provider for consultations, laboratory tests, and medicine redemption.

WHY YAKAP MATTERS?

- **Prevention and Early Detection:** Encourages regular check-ups and screenings before illnesses worsen.

DEPEDQUEZON-TM-SDS-04-025-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321

E-mail Address: quezon@deped.gov.ph

Website: <https://quezon.deped.gov.ph>



Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE

- Lower Out-of-Pocket Costs: Free diagnostics and medicines help families avoid expensive treatments.
- Local Access: Available at accredited clinics nationwide, including rural areas.
- Supports Overall Wellness: Aligns with the Universal Health Care Law, focusing beyond hospital-based care.

LIST OF ACCREDITED YAKAP CLINIC FOR CY 2026

(Updated as of January 31, 2026)

<https://www.philhealth.gov.ph/partners/providers/facilities/accredited/YAKAP.pdf>

DEPEDQUEZON-TM-SDS-04-025-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>