



ASIAN LAND STRATEGIES CORPORATION

To : ALL ASIAN LAND GROUP REGULAR EMPLOYEES
 From : Human Resources and Admin Department
 Date : November 11, 2019
 Cc : MANCOM/ File
 Ref./Rev : HRD-2019-044/Rev-000
 Re : ANNUAL PHYSICAL EXAMINATION

Please be informed that **ANNUAL PHYSICAL EXAMINATION (APE)** will be on December 5, 2019 (Thursday) from 7:30am to 3:00pm only at The Cubhouse DreamCrest Private Residences.

APE PROCEDURES & REMINDERS	
REGISTRATION	Proceed to registration table and fill up forms.
VITAL SIGNS	Taking of height, weight and blood pressure readings.
BLOOD EXTRACTION	Complete Blood Count – all listed employees Blood Chemistry - Managers, Supervisors and Ranks-35 yrs old and above must not forget the required 8 hour overnight fasting "NO FOOD INTAKE" solid or liquid after 11PM or until blood extraction. Example : Dec 4 (Wednesday) 11PM last food or liquid intake and please don't take coffee for breakfast prior the procedure.
URINE & STOOL SUBMISSION	Required for all. Cups will be provided. Label the containers with your full names. Make sure there's no contamination (e.g. tissue paper) Submit urine and stool samples to assigned Med. Tech.
PHYSICAL EXAM	Proceed to Doctor's area for taking history and physical exam.
ECG AND/OR PAP SMEAR	ECG : Remove necessary metals. PAP SMEAR : Female employees 35 years old and above, please take note of the following: a. No sexual contact three (3) days prior to the examination b. Last day of menstruation should be at least ten (10) days prior to the examination date.
CHEST X-RAY	It will be done at Mobile bus. Remove necessary metals. Pregnant, suspected pregnancy or delayed menstruation is not allowed to undergo this procedure.
SUBMISSION OF FORMS	Submit accomplished APE forms to registration area for verification of complete or incomplete procedures.

BY BATCH SCHEDULING

Department/Section heads are asked to schedule the Ranks so as not to interrupt normal business operations. Be reminded to arrange first those with blood chemistry to avoid over fasting.

Employees listed are required to undergo the APE in compliance with the Occupational Safety and Health Practice and Table of Offense Rule III Section 3.


SERVICE VEHICLES

Service vehicle will be available for transportation. Employees/Sections with assigned vehicle can also be used to proceed directly to the venue. Departure of vehicle will be coordinated to our Receptionist.

DEPARTURE SCHEDULES TO DPR:

07:15 AM	1ST BATCH	<i>Priority on this schedules are those with BLOOD CHEMISTRY – Managers, Supervisors, Ranks 35 yrs old and above to avoid over fasting</i>
07:45 AM	2ND BATCH	
08:15 AM	3RD BATCH	
08:30 AM	4 th Batch	
09:15 AM	5 th Batch	
10:45 AM	6 th Batch	
11:15 AM	7 th Batch	
11:45 AM	8 th Batch	
12:15:00 NN	9 th Batch	
01:00 PM	10 th Batch	
01:45 PM	11 th Batch	
02:15 PM	12 th Batch	

Attendance and compliance are a must. Please be guided accordingly.


MA. SHEILA G. MANALO
Chief Human Resources Officer

Noted by:


JAVIER FELIPE E. QUINTOS
Chief Human Resources Officer

ASIAN LAND GROUP
2019 ANNUAL PHYSICAL EXAMINATION

PACKAGE A (Rank & File) Below 35 yrs old	PACKAGE B (MANCOM, Managers, Supervisors,) (Rank & File-35 yrs old & above)
Physical Examination Chest X-ray Complete Blood Count Urinalysis Fecalysis Eye Check-up	Physical Examination Chest X-ray Complete Blood Count Urinalysis Fecalysis Eye Check-up Fasting Blood Sugar Creatinine Lipid Profile SGPT SGOT Uric Acid Sodium Potassium Calcium CBC with Platelets

ECG & PAP SMEAR - FOR 35 YEARS OLD & ABOVE

**APE 2019
PACKAGE A**

FEMALE

BAUTISTA, RHODORA ENRIQUEZ
CAPULE, ROSE ANNE TAMAYO
CATAHAN, MARJIAN CANTA
CRUZ, TERESITA GATCHALIAN
DELA CRUZ, ROBELLYNN ALIWALAS
DELLOTA, RIZZA LYN AGUILAR
GONZALES, VERLYN GARCIA
JACINTO, JESSA LEONCIO
JAVIER, MARIA RACHEL LUMAGUE
LINABAN, JEMELYN KRIS CULANAG
MENDIOLA, FLARE QUITALEG
OCAMPO, NELVIE CENTENO
PALLER, JANICA DANGANAN
PASCUAL, MARIE KRIS BONDOC
TALUCOD, ANGELOU MALONZO
TANGCOGO, RUBY MAY VILLASENOR
TOLENTINO, JANELLE HERRERA
VIRTUDEZ, JOAN MARQUEZ

MALE

AGUSTIN, YVAN PALEAN
ALCANTARA, MELVIC CUNTAPAY
ALVAREZ, JUDERICK SANIDAD,
CO, ROLAND HORIDA
CRUZ, BABY BOY OSIAN
DAVID, GLADYS ANNE ESPINA
DELA CRUZ, JUDE PANGILINAN
DELA CRUZ, VERNIE LOPEZ
DELOS REYES, IAN REY FABILA
GANELO, JERSON LEAL
GARALDE, ALLAN VILLAMOR
MANALAD, JOHN REYMAR MANSILUNGAN
MANANSALA, ETHEL KING DE VERA
MORATA, GARY MONZON
PILARES, JEREMIAH RAPHAEL ARCE

APE 2019
PACKAGE B (WITH FASTING)

FEMALE

GONZALES, CELINE ANGELICA BUHAIN
MADRID, PIA MARIE ISABELLE BUHAIN
MANALO, MA. SHEILA GIUBAN
AMURAO, MARISSA JAYME
CABALLERO, MARY JEAN USON
DEPALOBOS, PRISCILA GARCIA
GUELAS, MAYLENE PASCUAL
GUIAO, GIEZL ANN JACOB
RABULAN, MA. THERESA DELA CRUZ
RIVERA, ROSENDA FLORES
ARELLANO, JILEN GAMAZON
BORLONGAN, VIOLETA SURIO
CASTRO, LIZETH YSAIS
CRUZ, JANINE BENEDICTOS
CRUZ, MARILLOU MORILLO
DELA PENA, MARIA TERESA DE GUZMAN
DELOS SANTOS, MERLYN PANGAN
DIZON, MINETTE GAMBOA
LOPEZ, LIEZL BENEDICTOS
MERCADO, LHARA DE GUZMAN
NAVIA, IMELDA CASACLANG
PASCUAL, MARY ANN BERNARDO
PERALTA, MARIA ELOIZA CAPULE
ROSAL, MARYEN JANELLE CRUZ
SAN PEDRO, ARLENE CUSTODIO
SANTOS, MICHELLE PASCUAL
SORIAGA, JENNIFER HERNANDEZ

MALE

CLEMENTE, MANUEL EUSEBIO
SANTOS, ZANDRO LEMUEL GUSTILO
SASPA JR., RAMON RUFO
ADAON, PREDY AGPAOA
BAUTISTA, ROMEO BUHAIN
CORTEZ, ROMIL MARTINEZ
DE BORJA, DENNIS CUSTODIO
DIAZ, FRANCIS LORENZO AGUILAR
FRANCISCO JR., ERNESTO PACTORANAN
IRIOLA, DON RACELES
LUCES, REYNALDO CATINDIG
MAGSAKAY, LEONARDO JR MANLAPIG
MALTA JR., BENJAMIN CARONAN
RAMOS, EMMANUEL DELA CRUZ
RUSTIA, RUEL MERCADO
SALCEDO JR., FERNANDO PASCUAL
SANTOS JR., RAMON SARMIENTO
TEODORO, JORDAN ROXAS

APE 2019
PACKAGE B (WITH FASTING)

FEMALE

ABERGAS, MA. LULUBELLE ALVAREZ
BELVEZ, MARY ANN NINA TOMAS
CABAL, ELEONOR SACDALAN
CAJUCOM, MARY GRACE VALENCIA
CALAPATI, MARJORIE ANN GUINTO
COLLADO, LOUIE SIMBULAN
DABON, ADA MAGSAKAY
DE GUZMAN, RICHIE MORELOS
DELA CRUZ, CHRISTINA DELA CRUZ
DELA CRUZ, JAJETH BERINGUELA
DELIUPA, CINDERELLA DELA CRUZ
FERRERAS, MARILYN SACDALAN
FIGUEROA, ELIZA GUMASING
GERON, SHEREE ANN BARTOLOME
GONZALES, CENETTE LUMBA
GUTIERREZ, CONNIE CRUZ
LAO, ANALIZA RAMOS
MANANGUIT, MA. MIRASOL DELA PENIA
MAPUE, RODALISA LEONARDO
MILLO, ELENA BALA
POSILLO, MA. LOURDES SULIT
ROSALES, AGNES CRUZ
RUBIO, MA. ANGELA MONTANO
SAN PEDRO, ROSALYN BULAONG
SANCHEZ, LIEZL SAN GABRIEL
SEBASTIAN, RHEA ELIZ CARANGAN
SIAPCO, MARIEJANE SANCHEZ

MALE

ALCARAZ, FERNANDO NATIVIDAD
BAUTISTA, FERDINAND CORNESTA
BENEDICTOS, MICHAEL MACALALAG
BERNARDINO, PABLITO LUCAS
BUHAIN, LAWRENCE DELA CRUZ
CATINDIG, CIELITO CRUZ
CENSON, JOEL ROXAS
CRUZ III, EUSEBIO CRUZ
DAYRIT, EBENIZER SAN JOSE
DE GUZMAN, ERNESTO SAPITAN
DE JESUS, VICTOR VENUYA
DELA CRUZ, RUEL DE VERA
FAUSTINO, EDGARDO MORONA
FAUSTINO, TEODULO DAYAO
FERNANDEZ, RONEL PAGAS
FONBUENA, PACIFICO MANGARAN
FRANCISCO, EDUARDO LEONARDO
LAO, JOSEPH LEE
NUQUE, MARLON DUNGO
PEREZ, JESSIE ALCARAZ
RODIL, CELSO PLANAS
SANTIAGO, JOELITO VALENZUELA
SANTOS, ARNEL DELA CRUZ
SANTOS, ORLANDO DELA CRUZ
SANTOS, ROMMEL TORIBIO
SANTOS, SANTIAGO DELA CRUZ
SIAPCO, ROMEO VALONDO
VASQUEZ, ANTONIO BERJA
VASQUEZ, ROMEO DELA CRUZ