



ASIAN LAND STRATEGIES CORPORATION

To : ALL ASIAN LAND GROUP REGULAR EMPLOYEES
 From : Human Resources and Admin Department
 Date : December 07, 2020
 Cc : MANCOM/ File
 Ref./Rev : HRD-2020-023/Rev-000
 Re : ANNUAL PHYSICAL EXAMINATION

Please be informed that ANNUAL PHYSICAL EXAMINATION (APE) will be on December 16, 2020 (Wednesday) from 7:00am to 3:00pm only at The DreamCrest Private Residences Clubhouse.

Employees listed in the appending pages are required to undergo the APE in compliance with the Occupational Safety and Health Practice and Corporate Code of Conduct Rule III Section 3.

All employees are required to be present on this one-day event. Please make necessary adjustment on your day off schedules. Please be reminded, however, that proper health protocols like wearing mask and face shield and social distancing measures will be strictly enforce to manage the expected manpower count in the venue, the office and the shuttle services during this particular day.

APE PROCEDURES AND 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 15 (Tuesday) 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 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. Employees who opt to use LAB GOWNS may wear PLAIN WHITESHIRT. (NO zipper or buttons)
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 and to observe capacity limits at the venue. Be reminded to arrange first those with blood chemistry to avoid over fasting.

SERVICE VEHICLES

Service vehicle will be available for transportation from the employee's residence to the office as usual and from the office to the APE venue accordingly. 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 :

07:00 AM	1 st BATCH	Priority on this schedules are those with BLOOD CHEMISTRY – Managers, Supervisors, Ranks 35 yrs old and above to avoid over fasting.
07:30 AM	2 nd BATCH	
08:00 AM	3 rd BATCH	
08:30 AM	4 th BATCH	
09:00 AM	5 th BATCH	
09:30 AM	6 th BATCH	
10:00 AM	7 th BATCH	
10:30 AM	8 th BATCH	
11:00 AM	9 th BATCH	
11:30 AM	10 th BATCH	
12:00 PM	11 th BATCH	
01:00 PM	12 th BATCH	
01:30 PM	13 th BATCH	
02:00 PM	14 th BATCH	
02:30 PM	15 th BATCH	

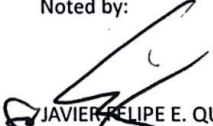
**Reminders : Please wear your facemask, face shields, observe social distancing and
BRING YOUR OWN BALLPEN.**

Attendance and compliance are a must.

Please be guided accordingly.


M.A. SHEILA G. MANALO
Chief Human Resources Officer

Noted by:


JAVIER FELIPE E. QUINTOS
Chief Executive Officer

ASIAN LAND GROUP
2020 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 Fecalalysis Eye Check-up	Physical Examination Chest X-ray Complete Blood Count Urinalysis Fecalalysis 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 2020
PACKAGE B (WITH FASTING)

FEMALE

- 1 GONZALES, CELINE ANGELICA BUHAIN
- 2 MADRID, PIA MARIE ISABELLE BUHAIN
- 3 ROSAL, MARYEN JANELLE CRUZ

MALE

- 1 MALTA JR., BENJAMIN CARONAN
- 2 DIAZ, FRANCIS LORENZO AGUILAR

**APE 2020
PACKAGE A**

FEMALE

- 1 CAPULE, ROSE ANNE TAMAYO
- 2 CATAHAN, MARJIAN CANTA
- 3 CERVANTES, KRISLYN JONIE TALPLACIDO
- 4 CRUZ, TERESITA GATCHALIAN
- 5 DAVID, GLADYS ANNE ESPINA
- 6 DELLOTA, RIZZA LYN AGUILAR
- 7 GONZALES, VERLYN GARCIA
- 8 JACINTO, JESSA LEONCIO
- 9 JAVIER, MARIA RACHEL LUMAGUE
- 10 LINABAN, JEMELYN KRIS CULANAG
- 11 LUCAS, LOUISE SHEMAYNE AMBON
- 12 MADRID, LIA MARIE JOBELLE BUHAIN
- 13 MENDIOLA, FLARE QUITALEG
- 14 PALLER, JANICA DANGANAN
- 15 PASCUAL, MARIE KRIS BONDOC
- 16 TALUCOD, ANGELOU MALONZO
- 17 TANGCOGO, RUBY MAY VILLASENOR
- 18 TOLENTINO, JANELLE HERRERA
- 19 BAUTISTA, JOVELYN KAREN SANGALANG

MALE

- 1 ALCANTARA, MELVIC CUNTAPAY
- 2 ALVAREZ, JUDERICK SANIDAD
- 3 CENTENO, KARLOUIE GASPAR
- 4 CRUZ, BABY BOY OSIAN
- 5 DELA CRUZ, JUDE PANGILINAN
- 6 DELOS REYES, IAN REY FABILA
- 7 GANELO, JERSON LEAL
- 8 GARALDE, ALLAN VILLAMOR
- 9 MANALAD, JOHN REYMAR MANSILUNGAN
- 10 MANANSALA, ETCHEL KING DE VERA
- 11 MORATA, GARY MONZON
- 12 PILARES, JEREMIAH RAPHAEL ARCE
- 13 SALIBAY, SEBASTIEN KIM MACALINAO
- 14 DELA CRUZ, MARK KEVIN SANTOS

APE 2020
PACKAGE B (WITH FASTING)
ECG

MALE

- 1 ADAON, PREDY AGPAOA
- 2 BAUTISTA, ROMEO BUHAIN
- 3 CLEMENTE, MANUEL EUSEBIO
- 4 CORTEZ, ROMIL MARTINEZ
- 5 DE BORJA, DENNIS CUSTODIO
- 6 FRANCISCO JR., ERNESTO PACTORANAN
- 7 IRIOLA, DON RACELES
- 8 MAGSAKAY, LEONARDO JR MANLAPIG
- 9 RAMOS, EMMANUEL DELA CRUZ
- 10 RUSTIA, RUEL MERCADO
- 11 SALCEDO JR., FERNANDO PASCUAL
- 12 SANTOS JR., RAMON SARMIENTO
- 13 SANTOS, ZANDRO LEMUEL GUSTILO
- 14 SASPA JR., RAMON RUFO
- 15 TEODORO, JORDAN ROXAS

MALE

- 16 ALCARAZ, FERNANDO NATIVIDAD
- 17 BAUTISTA, FERDINAND CORNESTA
- 18 BENEDICTOS, MICHAEL MACALALAG
- 19 BERNARDINO, PABLITO LUCAS
- 20 BUHAIN, LAWRENCE DELA CRUZ
- 21 CATINDIG, CIELITO CRUZ
- 22 CENSON, JOEL ROXAS
- 23 CRUZ III, EUSEBIO CRUZ
- 24 DAYRIT, EBENIZER SAN JOSE
- 25 DE GUZMAN, ERNESTO SAPITAN
- 26 DE JESUS, VICTOR VENUYA
- 27 DELA CRUZ, RUEL DE VERA
- 28 DELA CRUZ, VERNIE LOPEZ
- 29 FAUSTINO, EDGARDO MORONA
- 30 FAUSTINO, TEODULO DAYAO
- 31 FERNANDEZ, RONEL PAGAS
- 32 FONBUENA, PACIFICO MANGARAN
- 33 FRANCISCO, EDUARDO LEONARDO
- 34 LAO, JOSEPH LEE
- 35 NUQUE, MARLON DUNGO
- 36 PEREZ, JESSIE ALCARAZ
- 37 REYES, MARIUS MARCIAL
- 38 RODIL, CELSO PLANAS
- 39 SANTIAGO, JOELITO VALENZUELA
- 40 SANTOS, ARNEL DELA CRUZ
- 41 SANTOS, ORLANDO DELA CRUZ
- 42 SANTOS, ROMMEL TORIBIO
- 43 SANTOS, SANTIAGO DELA CRUZ
- 44 SIAPCO, ROMEO VALONDO
- 45 VASQUEZ, ANTONIO BERJA
- 46 VASQUEZ, ROMEO DELA CRUZ
- 47 ZACARIAS, LUISITO VICTORIA

APE 2020
PACKAGE B (WITH FASTING)
ECG
PAPSMEAR (OPTIONAL)

FEMALE

- 1 AMURAO, MARISSA JAYME
- 2 ARELLANO, JILEN GAMAZON
- 3 BORLONGAN, VIOLETA SURIO
- 4 CABALLERO, MARY JEAN USON
- 5 CASTRO, LIZETH YSAIS
- 6 CRUZ, JANINE BENEDICTOS
- 7 CRUZ, MARILOU MORILLO
- 8 DELA PENA, MARIA TERESA DE GUZMAN
- 9 DELOS SANTOS, MERLYN PANGAN
- 10 DEPALOBOS, PRISCILA GARCIA
- 11 DIZON, MINETTE GAMBOA
- 12 GUELAS, MAYLENE PASCUAL
- 13 GUIAO, GIEZL ANN JACOB
- 14 MANALO, MA. SHEILA GIUBAN
- 15 MERCADO, LHARA DE GUZMAN
- 16 NAVIA, IMELDA CASACLANG
- 17 ORDINARIO, MARY GRACE REYES
- 18 PASCUAL, MARY ANN BERNARDO
- 19 PERALTA, MARIA ELOIZA CAPULE
- 20 RABULAN, MA. THERESA DELA CRUZ
- 21 RIVERA, ROSENDA FLORES
- 22 SAN PEDRO, ARLENE CUSTODIO
- 23 SORIAGA, JENNIFER HERNANDEZ

FEMALE

- 24 ABERGAS, MA. LULUBELLE ALVAREZ
- 25 BAUTISTA, RHODORA ENRIQUEZ
- 26 BELVEZ, MARY ANN NINA TOMAS
- 27 CABAL, ELEONOR SACDALAN
- 28 CAJUCOM, MARY GRACE VALENCIA
- 29 CALAPATI, MARJORIE ANN GUINTO
- 30 COLLADO, LOUIE SIMBULAN
- 31 DABON, ADA MAGSAKAY
- 32 DE GUZMAN, RICHIE MORELOS
- 33 DELA CRUZ, CHRISTINA DELA CRUZ
- 34 DELA CRUZ, JAJETH BERINGUELA
- 35 DELIUPA, CINDERELLA DELA CRUZ
- 36 FERRERAS, MARILYN SACDALAN
- 37 FIGUEROA, ELIZA GUMASING
- 38 GERON, SHEREE ANN BARTOLOME
- 39 GONZALES, CENETTE LUMBA
- 40 GUTIERREZ, CONNIE CRUZ
- 41 LAO, ANALIZA RAMOS
- 42 MANANGUIT, MA. MIRASOL DELA PENA
- 43 MAPUE, RODALISA LEONARDO
- 44 MILLO, ELENA BALA
- 45 OCAMPO, NELVIE CENTENO
- 46 POSILLO, MA. LOURDES SULIT
- 47 ROSALES, AGNES CRUZ
- 48 RUBIO, MA. ANGELA MONTANO
- 49 SAN PEDRO, ROSALYN BULAONG
- 50 SANCHEZ, LIEZL SAN GABRIEL
- 51 SEBASTIAN, RHEA ELIZ CARANGAN
- 52 SIAPCO, MARIEJANE SANCHEZ