



# ASIAN LAND STRATEGIES CORPORATION

To : **ALL REGULAR EMPLOYEES**  
From : Human Resources and Admin Department  
Date : November 20, 2023  
Cc : MANCOM/ File  
Ref./Rev : HRD-2023-030/Rev-000  
Re : **ANNUAL PHYSICAL EXAMINATION 2023**

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Please be informed that our **ANNUAL PHYSICAL EXAMINATION (APE)** will be on November 30, 2023 (Thursday) from 7:00am – 3:00pm only at The DreamCrest Private Residences Clubhouse.

All regular employees are required to be present on this one-day event and complete their APE.

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.

## **PROCEDURES AND REMINDERS:**

1. Please read the attached file from AVENTUS Medical Care Inc.
  - A. **PREPARATIONS & GUIDELINES STANDARD**
  - B. **IMPORTANCE OF APE PER TEST**
  - C. **IMPORTANCE OF PHYSICAL EXAM**
  - D. **APE FAQS**
2. Registration forms and stools cups will be distributed on November 28, 2023.
  - \* Registration forms – must be accomplished/filled. Please bring on the day of APE.
  - \* Stool collection – employees whose Batch Schedule is from 12:30pm – 2:00pm (35 yrs old and below), will have to go to DPR in the morning to register and submit the stool specimen by herself/himself only. They must return to the office afterwards.
3. For those who will have eyeglasses, an eye examination must be done by Ideal Vision Team. Payment terms will be thru GHP (2023 benefit) or, if already utilized, Salary Deduction (3 months).
4. Service vehicles will be available for transportation from ALSC office to DPR. Employees with assigned vehicles can also be used to proceed directly to the venue. Pre-book with our Receptionist your preferred departure schedule to DPR. Please ask approval from your Department/Section head for your chosen schedule so as not to interrupt normal business operations.

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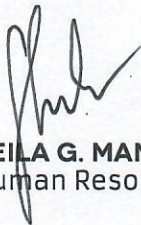
**DEPARTURE SCHEDULES TO DPR:**

<b>07:00 AM</b>	<b>1st Batch</b>	<b>Priority on these schedules is those WITH BLOOD CHEMISTRY Managers, Supervisors, Ranks 35 yrs old and above to avoid overfasting. (10 hours fasting requirement)</b>
<b>07:30 AM</b>	<b>2nd Batch</b>	
<b>08:00 AM</b>	<b>3rd Batch</b>	
<b>08:30 AM</b>	<b>4th Batch</b>	
<b>12:30 PM</b>	<b>5th Batch</b>	
<b>01:00 PM</b>	<b>6th Batch</b>	
<b>01:30 PM</b>	<b>7th Batch</b>	
<b>02:00 PM</b>	<b>8th Batch</b>	

5. Availment of procedures will be on a first-come, first served basis with strict priority on employees with fasting.
6. Bring your own ballpen and any valid ID.

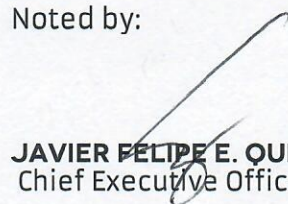
**Attendance and compliance are a must.**

Please be guided accordingly.



**MA. SHEILA G. MANALO**  
Chief Human Resources Officer

Noted by:



**JAVIER FELIPE E. QUINTOS**  
Chief Executive Officer



**ASIAN LAND STRATEGIES CORPORATION**  
**2023 ANNUAL PHYSICAL EXAMINATION**

<p style="text-align: center;"><b>BASIC 5</b> (Rank &amp; File ) Below 35 yrs old</p>	<p style="text-align: center;"><b>PACKAGE 1</b> (MANCOM, Managers, Supervisors,) (Rank &amp; File-35 yrs old &amp; above)</p>
<p style="text-align: center;">Complete Blood Count Physical Examination Urinalysis Fecalalysis Chest X-ray Evaluate doctor's consultation</p>	<p style="text-align: center;">Complete Blood Count Physical Examination Urinalysis Fecalalysis Chest X-ray Evaluate doctor's consultation ECG Fasting Blood Sugar Creatinine Blood Uric Acid Lipid Profile SGPT SGOT Sodium Potassium Calcium</p>

**PAP SMEAR - FOR 35 YEARS OLD & ABOVE**

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**APE 2023  
PACKAGE 1**

1	ABERGAS	MA. LULUBELLE
2	AMURAO	MARISSA
3	ARELLANO	JILEN
4	BAUTISTA	RHODORA
5	BELVEZ	MARY ANN NINA
6	BORLONGAN	VIOLETA
7	CABAL	ELEONOR
8	CAJUCOM	MARY GRACE
9	CASTRO	LIZETH
10	CRUZ	MARILOU
11	CRUZ	JANINE
12	CRUZ	TERESITA
13	DABON	ADA
14	DAVID	GLADYS ANNE
15	DE GUZMAN	RICHIE
16	DELA CRUZ	JAETH
17	DELA CRUZ	CHRISTINA
18	DELA PENA	MARIA TERESA
19	DELIUPA	CINDERELLA
20	DELLOTA	RIZZA LYN
21	DELOS SANTOS	MERLYN
22	DEPALOBOS	PRISCILA
23	FERRERAS	MARILYN
24	FIGUEROA	ELIZA
25	GERON	SHEREE ANN
26	GONZALES	CENETTE
27	GONZALES	CELINE ANGELICA
28	GUELAS	MAYLENE
29	GUIAO	GIEZL ANN
30	GUTIERREZ	CONNIE

31	JAVIER	MARIA RACHEL
32	LAO	ANALIZA
33	LUCAS	LOUISE SHEMAYNE
34	MADRID	PIA MARIE ISABELLE
35	MADRID	LIA MARIE JOBELLE
36	MANALO	MA. SHEILA
37	MANANGUIT	MA. MIRASOL
38	MAPUE	RODALISA
39	MERCADO	LHARA
40	MILLO	ELENA
41	NAVIA	IMELDA
42	ORDINARIO	MARY GRACE
43	PASCUAL	MARY ANN
44	PASCUAL	MARIE KRIS
45	PERALTA	MARIA ELOIZA
46	POSILLO	MA. LOURDES
47	RABULAN	MA. THERESA
48	RIVERA	ROSENDA
49	ROQUE	DEVIE
50	RUBIO	MA. ANGELA
51	SAN PEDRO	ARLENE
52	SANCHEZ	LIEZL SAN
53	SANTIAGO	GLORIA MARIS
54	SANTOS	MARIA ERICKA
55	SEBASTIAN	RHEA ELIZ
56	SIAPCO	MARIE JANE
57	SORIAGA	JENNIFER



**APE 2023  
PACKAGE 1**

1	ADAON	PREDY
2	ALCARAZ	FERNANDO
3	ALVAREZ	JUDERICK
4	BAUTISTA	ROMEO
5	BAUTISTA	FERDINAND
6	BENEDICTOS	MICHAEL
7	BERNARDINO	PABLITO
8	BUHAIN	LAWRENCE
9	CATINDIG	CIELITO
10	CENSON	JOEL
11	CLEMENTE	MANUEL
12	CORTEZ	ROMIL
13	CRUZ III	EUSEBIO
14	DAYRIT	EBENIZER
15	DE BORJA	DENNIS
16	DE GUZMAN	ERNESTO
17	DE JESUS	VICTOR
18	DELA CRUZ	RUEL
19	DELA CRUZ	RUEL
20	DELA CRUZ	VERNIE
21	DELA CRUZ	JUDE
22	DIAZ	FRANCIS LORENZO
23	FAUSTINO	EDGARDO
24	FAUSTINO	TEODULO
25	FERNANDEZ	RONEL
26	FONBUENA	PACIFICO
27	FRANCISCO	EDUARDO
28	FRANCISCO JR.	ERNESTO
29	GARALDE	ALLAN
30	GONZALES	RAPHAEL MATTHEW

31	HERMINIGILDO	JEFFREY
32	IRIOLA	DON
33	LAO	JOSEPH
34	MAGSAKAY JR.	LEONARDO
35	NUQUE	MARLON
36	PEREZ	JESSIE
37	RAMOS	EMMANUEL
38	RUSTIA	RUEL
39	SALCEDO JR.	FERNANDO
40	SANTOS	SANTIAGO
41	SANTOS	ROMMEL
42	SANTOS	ARNEL
43	SANTOS	ORLANDO
44	SANTOS	ZANDRO LEMUEL
45	SANTOS JR.	RAMON
46	SASPA JR.	RAMON
47	SIAPCO	ROMEO
48	SUSADA	JERVY
49	TEODORO	JORDAN
50	VASQUEZ	ROMEO
51	VASQUEZ	ANTONIO
52	ZACARIAS	LUISITO

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**APE 2023**  
**BASIC 5**

1	ACUÑA	CHERRIE LYN
2	BAUTISTA	JOVELYN KAREN
3	BAUTISTA	JANET
4	CAPULE	ROSE ANNE
5	CATAHAN	MARJIAN
6	CATANGHAL	FLARE
7	CATIGBE	JOYCE
8	CHUA	LOIS JANE
9	CLEMENTE	ANGELOU
10	CRISOSTOMO	JAYCELL
11	JACINTO	JESSA
12	NORIENTA	MAY
13	PALLER	JANICA
14	SESE	EDHEN JOY
15	TANGCOGO	RUBY MAY
16	TANTOCO	DONITA ROSE
17	TOLENTINO	CHRISTINE JOY
18	VIRAY	AILEEN

19	ALCANTARA	MELVIC
20	ANGELES	JOMEL
21	CRUZ	BABY BOY
22	DELOS REYES	IAN REY
23	GANELO	JERSON
24	MORATA	GARY
25	VALIENTE	JERUS