



## ASIAN LAND STRATEGIES CORPORATION

To : **ALL ASIAN LAND GROUP REGULAR EMPLOYEES**  
From : Human Resources and Admin Department  
Date : November 18, 2021  
Cc : MANCOM/ File  
Ref./Rev : HRD-2021-035/Rev-000  
Re : **ANNUAL PHYSICAL EXAMINATION**

Please be informed that our **ANNUAL PHYSICAL EXAMINATION (APE)** will be on December 09, 2021 (Thursday).

All regular employees are required to be present on this one-day event and complete their APE. Please make necessary adjustment on your work from home schedules.

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. 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. Assigned venues are as follows:

PROCEDURE	VENUE
Package B Blood Extraction (with fasting)	4F ALSC Corporate Center
Package A Blood Extraction (w/o fasting)	Dreamcrest Private Residences
Other Tests	Clubhouse

2. Shuttle service to DPR will be on a by batch scheduling as below. Please pre-book with our Receptionist your preferred departure schedule to DPR, as we can only accommodate 20 employees per batch to observe capacity limits at the venue. Please ask approval from your Department/Section head for your chosen schedule so as not to interrupt normal business operations.

### **DEPARTURE SCHEDULES TO DPR :**

07:00 AM	1 <sup>st</sup> BATCH
08:00 AM	2 <sup>nd</sup> BATCH
09:00 AM	3 <sup>rd</sup> BATCH
10:00 AM	4 <sup>th</sup> BATCH
11:00 AM	5 <sup>th</sup> BATCH
01:00 PM	6 <sup>th</sup> BATCH
02:00 PM	7 <sup>th</sup> BATCH

3. Availment of procedures will be on a first-come, first served basis.
4. Observe standard health protocols i.e. temperature check, sanitize hands, wear face mask, and practice social distancing at all times while availing of the APE procedure.
5. Bring your own ballpen.

### BLOOD EXTRACTION

**PACKAGE B:** 7:00am – 10:00am    **VENUE:** 4<sup>th</sup> floor Asian Land Corporate Center  
**PACKAGE A:** 7:00am – 2:00pm    **VENUE:** The DreamCrest Private Residences Clubhouse.

<b>BLOOD EXTRACTION</b>	Package B – 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 08 (Wednesday) 11PM last food or liquid intake. Please don't take coffee for breakfast prior the procedure.  Package A – Test may be measured even without fasting.
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### OTHER TESTS

7:00am – 2:00pm    **VENUE:** The DreamCrest Private Residences Clubhouse.

<b>REGISTRATION</b>	Proceed to registration table and fill up forms.
<b>VITAL SIGNS</b>	Taking of height, weight and blood pressure readings.
<b>URINE &amp; STOOL SUBMISSION</b>	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.
<b>PHYSICAL EXAM</b>	Proceed to Doctor's area for taking history and physical exam.
<b>ECG AND/OR PAP SMEAR</b>	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.
<b>CHEST X-RAY</b>	It will be done at Mobile bus. Remove necessary metals. Pregnant, suspected pregnancy or delayed menstruation is not allowed to undergo this procedure.
<b>SUBMISSION OF FORMS</b>	Submit accomplished APE forms to registration area for verification of complete or incomplete procedures.

**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 GROUP**  
**2021 ANNUAL PHYSICAL EXAMINATION**

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

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

**APE 2021  
PACKAGE A**

**FEMALE**

- 1 BAUTISTA, JOVELYN KAREN SANGALANG
- 2 CAPULE, ROSE ANNE TAMAYO
- 3 CATAHAN, MARJIAN CANTA
- 4 CATIGBE, JOYCE MARMITO
- 5 CHUA, LOIS JANE NICOLAS
- 6 CRUZ, GERALDINE SANTOS
- 7 CRUZ, TERESITA GATCHALIAN
- 8 DAVID, GLADYS ANNE ESPINA
- 9 DELLOTA, RIZZA LYN AGUILAR
- 10 DOMINGO, GILLIAN DE CASTRO
- 11 GONZALES, VERLYN GARCIA
- 12 JACINTO, JESSA LEONCIO
- 13 MACASLING, JOLINA MARIE RAET
- 14 MENDIOLA, FLARE QUITALEG
- 15 OGENA, JEEENLY RES MAITEM
- 16 PALLER, JANICA DANGANAN
- 17 TALUCOD, ANGELOU MALONZO
- 18 TANGCOGO, RUBY MAY VILLASENOR
- 19 TOLENTINO, CHRISTINE JOY FLORES
- 20 TOLENTINO, JANELLE HERRERA

**MALE**

- 21 ALCANTARA, MELVIC CUNTAPAY
- 22 ALVAREZ, JUDERICK SANIDAD
- 23 CRUZ, BABY BOY OSIAN
- 24 DELA CRUZ, JUDE PANGILINAN
- 25 DELA CRUZ, MARK KEVIN SANTOS
- 26 DELOS REYES, IAN REY FABILA
- 27 GANELO, JERSON LEAL
- 28 GARALDE, ALLAN VILLAMOR
- 29 GUINAOB, MARK RASHED ABUGAN
- 30 MORATA, GARY MONZON
- 31 SALIBAY, SEBASTIEN KIM MACALINAO

**APE 2021**  
**PACKAGE B WITH FASTING**

**FEMALE**

- 1 GONZALES, CELINE ANGELICA BUHAIN
- 2 MADRID, PIA MARIE ISABELLE BUHAIN
- 3 MADRID, LIA MARIE JOBELLE BUHAIN
- 4 JAVIER, MARIA RACHEL LUMAGUE

**MALE**

- 5 DIAZ, FRANCIS LORENZO AGUILAR
- 6 MALTA JR., BENJAMIN CARONAN



**APE 2021**  
**PACKAGE B WITH FASTING**  
**ECG**

**MALE**

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

**MALE**

17	ALCARAZ, FERNANDO NATIVIDAD
18	BAUTISTA, FERDINAND CORNESTA
19	BENEDICTOS, MICHAEL MACALALAG
20	BERNARDINO, PABLITO LUCAS
21	BUHAIN, LAWRENCE DELA CRUZ
22	CATINDIG, CIELITO CRUZ
23	CENSON, JOEL ROXAS
24	CRUZ III, EUSEBIO CRUZ
25	DAYRIT, EBENIZER SAN JOSE
26	DE GUZMAN, ERNESTO SAPITAN
27	DE JESUS, VICTOR VENUYA
28	DELA CRUZ, RUEL DE VERA
29	DELA CRUZ, VERNIE LOPEZ
30	FAUSTINO, EDGARDO MORONA
31	FAUSTINO, TEODULO DAYAO
32	FERNANDEZ, RONEL PAGAS
33	FONBUENA, PACIFICO MANGARAN
34	FRANCISCO, EDUARDO LEONARDO
35	LAO, JOSEPH LEE
36	NUQUE, MARLON DUNGO
37	PEREZ, JESSIE ALCARAZ
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 2021**  
**PACKAGE B WITH FASTING**  
**ECG**  
**PAPSMEAR**

**FEMALE**

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

**FEMALE**

25	ABERGAS, MA. LULUBELLE ALVAREZ
26	BAUTISTA, RHODORA ENRIQUEZ
27	BELVEZ, MARY ANN NINA TOMAS
28	CABAL, ELEONOR SACDALAN
29	CAJUCOM, MARY GRACE VALENCIA
30	CALAPATI, MARJORIE ANN GUINTO
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	LUCAS, LOUISE SHEMAINE AMBON
42	MANANGUIT, MA. MIRASOL DELA PENA
43	MAPUE, RODALISA LEONARDO
44	MILLO, ELENA BALA
45	OCAMPO, NELVIE CENTENO
46	PASCUAL, MARIE KRIS BONDOC
47	POSILLO, MA. LOURDES SULIT
48	ROSALES, AGNES CRUZ
49	RUBIO, MA. ANGELA MONTANO
50	SANCHEZ, LIEZL SAN GABRIEL
51	SEBASTIAN, RHEA ELIZ CARANGAN
52	SIAPCO, MARIEJANE SANCHEZ