

HEALTH & WELLNESS PROGRAM *for a productive workforce*



NPC's Physical Fitness, Sports & Recreation (PFSR) activities are geared towards adoption of active and healthy lifestyle, and balanced well-being for NPC employees, as well as improvement of teamwork among the workforce.

2018 Health & Wellness Program Accomplishment

ACTIVITY/EVENT	DATE CONDUCTED	NO. OF ATTENDEES
Operation of NPC Gymnasium	January – June	Average of 10-15 per day
Conduct of Aerobics Session (twice a week)	January – June (twice a week)	Average of 10-15 per session
GCAA Golf Tournament (Executives)	March 23	5 Executives
Women Inspiring Women Forum	March, 12, 16, 19, 20, 21, 26, 27, April 6, 13	285 participants
GCAA Darts Tournament	April 17– May 3	10 participants
3 rd LISEA Sports Tournament	April 18 – June 14	30 participants
NPC Inter-Color Bowling Tournament	April 30 – May 31	120 participants
GCAA Sportsfest	May 11	35 participants
Employee Team Building	June 7-8, 13-14, 21-22, 28-29	800 participants
GCAA Bowling Tournament	June 5 – July 26	24 participants
GCAA Chess Tournament	June 20 – July 20	10 participants
GCAA Basketball Tournament	August 8 – 31	24 participants
GCAA Volleyball Tournament	September 5 -28	24 participants
GCAA Billiards Tournament	October 10 – 26	10 participants
GCAA Lawn Tennis Tournament	November 6 – 22	6 participants
DOE Fun Games	December 3 & 17	30 participants
Employee Engagement Program - Breakfast with the President	January – November	480 participants

CY 2018

**ANNUAL PHYSICAL
EXAMINATION**

(Conducted by: Asia Pacific Diagnostics, Inc.)

Date Conducted	22 to 26 October 2018
No. of Employees/ Availees	489
Total Amount as per Contract	Php2,620,000

2018

Annual Physical Examination

(APE)

ACTUAL SCHEDULE : OCTOBER 22-26, 2018

LABORATORY PACKAGE INCLUSION:

- **Urinalysis**
- **Complete Blood Count**
- **Lipid Profile**
- **Creatinine**
- **Blood Uric Acid**
- **Fasting Blood Sugar**
- **HBA1C**
- **SGPT**
- **Chest X-Ray**
- **ECG**
- **Whole Abdomen Ultrasound**
- **Breast Ultrasound**
- **Prostate Specific Antigen**

Gallery































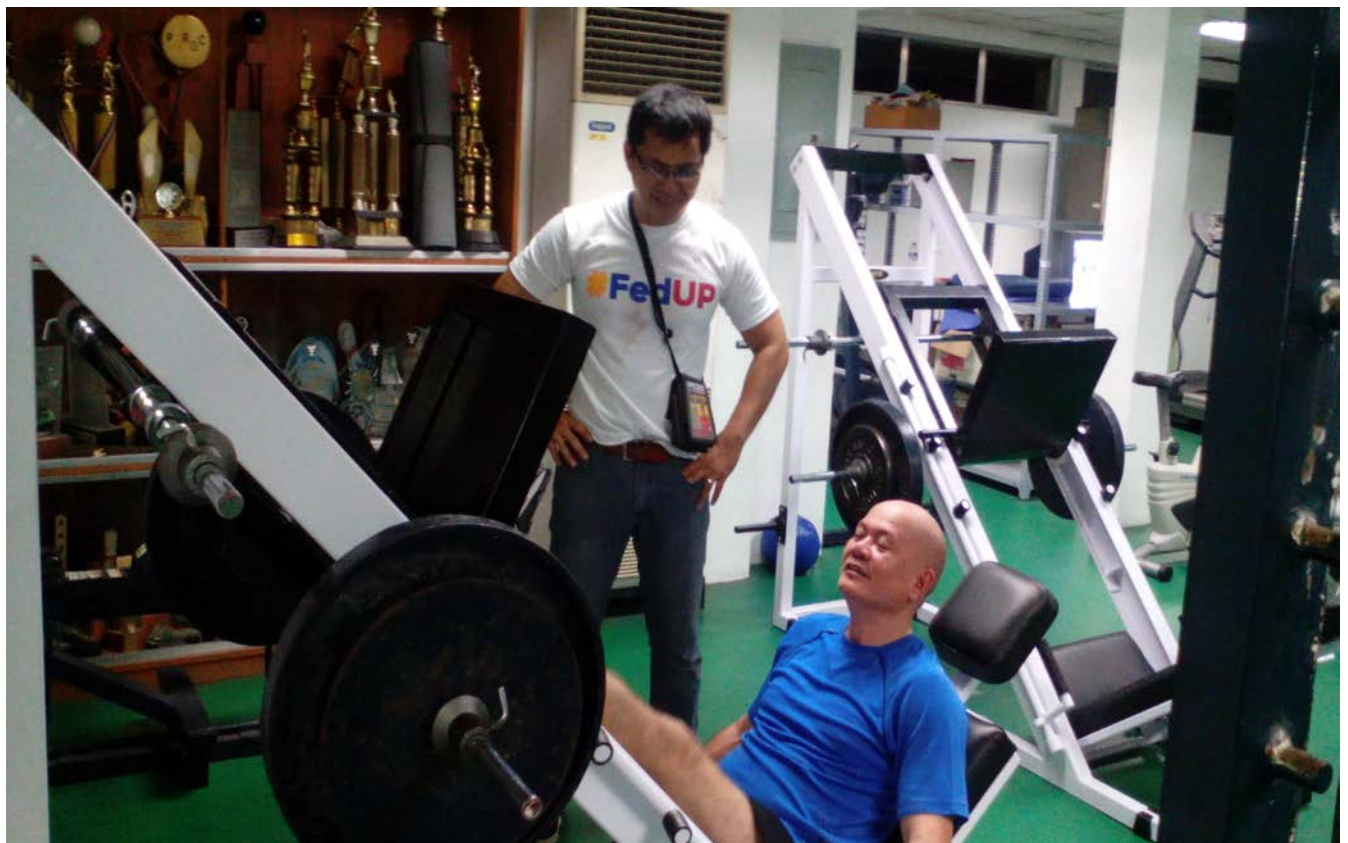


















Physical Fitness, Sports & Recreation Program Movers

