

# **CY 2023**

## **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 NPC workforce.**

# **PHYSICAL FITNESS PROGRAM**

## **Head Office Men's and Women's Basketball**

<b>Participants</b>	
<b>Female</b>	20
<b>Male</b>	72
<b>Total</b>	<b>92</b>

## **Head Office Men's and Women's Volleyball**

<b>Participants</b>	
<b>Female</b>	20
<b>Male</b>	30
<b>Total</b>	<b>50</b>

# PHYSICAL FITNESS PROGRAM

## Head Office Darts

Participants	
Female	16
Male	28
Total	92

## Head Office Chess

Participants	
Female	2
Male	7
Total	9

# **PHYSICAL FITNESS PROGRAM**

## **Head Office Aerobics/Zumba Program**

<b>No. of Employees/ Availees</b>	
<b>Female</b>	<b>18</b>
<b>Male</b>	<b>2</b>
<b>Total</b>	<b>20</b>

## **Head Office Anniversary Fun/Run and Zumba**

<b>Participants</b>	
<b>Fun/Run</b>	<b>27</b>
<b>Zumba</b>	<b>22</b>

# **ANNUAL PHYSICAL EXAMINATION**

**(Conducted by: Asia Pacific Diagnostics, Inc.)**

<b>Date Conducted</b>	<b>September 25 to 29, 2024</b>
<b>No. of Employees/ Availees</b>	<b>521</b>
<b>Total Amount as per Contract</b>	<b>Php2,375,205.00</b>

# **Annual Physical Examination (APE)**

## **LABORATORY PACKAGE INCLUSION:**

- Urinalysis
- Complete Blood Count (CBC)
- Lipid Profile
- Creatinine
- Blood Uric Acid
- Fasting Blood Sugar (FBS)
- HBA1C
- Blood Urea Nitrogen (BUN)
- ALT
- AST
- Chest X-Ray
- Electrocardiogram (ECG)
- Whole Abdomen Ultrasound
- Breast Ultrasound (Female only)
- Pap Smear (Female 35 y/o & above only)
- Prostate Specific Antigen (PSA) (Male 40 y/o & above)



# FLU VACCINATION PROGRAM

FLU VACCINE AVAILEES 2023						
DEPARTMENT	VACCINES GIVEN	VACCINES SENT	TOTAL	DEPARTMENT	VACCINES GIVEN	TOTAL
OFFICE OF THE CORPORATE SECRETARY	3	0	3	COS	72	72
INTERNAL AUDIT DEPARTMENT	14	0	14	WOJO/JO	11	11
OFFICE OF THE PRESIDENT & CHIEF EXECUTIVE OFFICER	10	0	10	SPUG-LOD COS/JO/ICH	26	26
CORPORATE AFFAIRS GROUP	55	0	55	ICH	12	12
WATERSHED	17	0	17	SECURITY PERSONNEL	9	9
LEGAL COUNSEL	20	0	20	UBIX	4	4
ADMINISTRATION & FINANCE GROUP	90	0	90	INVENTORY PERSONNEL	8	8
POWER ENGINEERING SERVICES GROUP	99	0	99	COA EMPLOYEES	10	10
OFFICE OF THE SENIOR VICE PRESIDENT & CHIEF OPERATING OFFICER	0	0	0	LANDBANK PERSONNEL	0	0
RESOURCE MANAGEMENT SERVICE	24	0	24	SOLARIUM PERSONNEL	0	0
SMALL POWER UTILITIES GROUP-HO	6	0	6	JANITORIAL	7	7
SMALL POWER UTILITIES GROUP-LOD	0	109	109	OTHERS	2	2
MRMD	0	50	50	<b>TOTAL # OF AVAILEES (COS/WOJO/OTHER PER)</b>	<b>161</b>	<b>161</b>
MROD	5	126	131			
MQNL0D	2	103	105			
BOD	0	85	85			
PALAWAN	0	0	0	<b>TOTAL # VACCINES PROCURED</b>		<b>1878</b>
ROMBLON	0	0	0	<b>TOTAL # OF AVAILEES (ALL EMPLOYEES)</b>		<b>1821</b>
Visayas Operations Department	0	137	137	<b>PERM/REG/CASUAL AVAILEES</b>		<b>1660</b>
Mindanao Operations Department	0	207	207	<b>COS/JO/OTHER PERSONNEL AVAILEES</b>		<b>161</b>
PMD PICC (CAGAYAN DE ORO CITY)	0	0	0	<b>EXPIRED VACCINES</b>		<b>57</b>
POWER BARGE 116 (THRU MOD)	0	12	12			
MINDANAO GENERATION GROUP	0	463	463			
WATERSHED TO MINGEN	0	6	6			
PICC (MINGEN)	0	17	17			
<b>TOTAL # OF AVAILEES (PERM/REG/CASUAL)</b>	<b>345</b>	<b>1315</b>	<b>1660</b>			

Gallery



## COMPILED PICTURES

### 87<sup>th</sup> Sportsfest – Men's Basketball





## COMPILED PICTURES

### 87<sup>th</sup> Sportsfest – Women's Basketball





## COMPILED PICTURES

### 87<sup>th</sup> Sportsfest –Volleyball





## COMPILED PICTURES

### 87<sup>th</sup> Sportsfest –Volleyball





## COMPILED PICTURES

### Zumba/Aerobics Program



### 87<sup>th</sup> Anniversary Zumba/Aerobics Program



## COMPILED PICTURES

### 87<sup>th</sup> Anniversary Zumba/Aerobics Program





## COMPILED PICTURES

### 87<sup>th</sup> Anniversary Fun Run



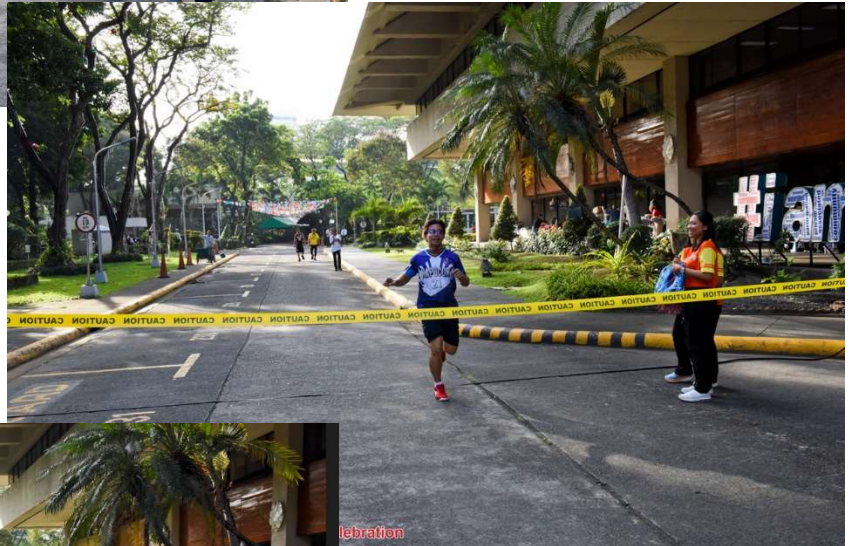


## COMPILED PICTURES

### 87<sup>th</sup> Anniversary Fun Run



 NPC Organizing Committee  
NPC's 87<sup>th</sup> Anniversary & Christmas Celebration



 NPC Organizing Committee  
NPC's 87<sup>th</sup> Anniversary & Christmas Celebration

## COMPILED PICTURES

### 87<sup>th</sup> Anniversary Dart





## COMPILED PICTURES

### 87<sup>th</sup> Anniversary Chess

