

# **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.**

National Power Corporation

**2020 Physical Fitness, Sports & Recreation Program (PFSR) ACCOMPLISHMENT**

<b>ACTIVITY/EVENT</b>	<b>DATE CONDUCTED</b>	<b>NO. OF ATTENDEES</b>
Operation of NPC Fitness Center/Gymnasium	January – March 13	Average of 10-15 per day
Conduct of Aerobics Session	January – March 13 (once a week)	Average of 10-15 per day
Stress-Away Program for Women	March	- cancelled -
Darts Tournament (Inter-Color)	March	- cancelled -
Billiards Tournament (Inter-Color)	March	- cancelled -
Chess Tournament (Inter-Color)	March	- cancelled -
Bowling Tournament (Inter-Color)	April – May	- cancelled -
GCAA Mid-Year Assessment & Sports Management Workshop	June	- cancelled -
GCAA Bowling Tournament	June – August	- cancelled -
GCAA Darts Tournament	June – July	- cancelled -
GCAA Basketball Tournament	July – August	- cancelled -
GCAA Billiards Tournament	August	- cancelled -
GCAA Volleyball Tournament	September	- cancelled -
CSC Fun Run	September	- cancelled -
Employee Engagement Program – Breakfast with the President	January – November	- cancelled -
Recognition & Solidarity Day	December	- cancelled -

**CY 2020**  
**ANNUAL PHYSICAL**  
**EXAMINATION**

(Conducted by: Asia Pacific Diagnostics, Inc.)

<b>Date Conducted</b>	<b>22 to 28 July 2020</b>
<b>No. of Employees/ Availees</b>	<b>379</b>
<b>Total Amount as per Contract</b>	<b>Php1,747,828</b>

# **2020**

# **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)**
- **SGPT**
- **SGOT**
- **Chest X-Ray**
- **ECG**
- **Whole Abdomen Ultrasound**
- **Papsmear Examination**
- **Prostate Specific Antigen**
- **Breast Ultrasound**



# **CY2020 COVID-RELATED INITIATIVES**

## **Rapid Antigen Testing**

(Conducted by: Clearbridge Medical Phils, Inc.)

<b>Date Conducted</b>	<b>10 and 14 December 2020</b>
<b>No. of Employees/ Availees</b>	<b>708</b>
<b>Total Amount as per Contract</b>	<b>Php1,062,000</b>

# FY 2020 COVID-RELATED INITIATIVES

## SUMMARY OF BENEFICIARIES & EXPENSES

FUNCTIONAL GROUP / DEPARTMENT	NO. OF BENEFICIARIES			MATERIALS/ LOGISTICS	ATTRIBUTED SALARY OF MANPOWER
	Female	Male	Total		
Small Power Utilities Group – Luzon Operations Department	185	2000	2185	1,754,770.00	482,992.00
Small Power Utilities Group – Visayas Operations Department	45	500	545	673,530.00	4,521,656.02
Small Power Utilities Group – Mindanao Operations Department HQ	12	39	51	262,760.00	1,175,945.96
Small Power Utilities Group – Western Mindanao Operations Division	7	359	366	734,131.80	2,951,764.99
Small Power Utilities Group – Maintenance & Technical Services	1	29	30	45,500.00	700,792.98
NPC-Head Office	478	1280	1758	6,111,950.00	7,969,455.01

**GRAND TOTAL :      9,582,641.80      17,802,606.96**

Gallery

































