

# **CY 2022**

## **HEALTH & WELLNESS PROGRAM**

### **AND COVID-19 INITIATIVES**

*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 Basketball and Volleyball Practice Games**

<b>Participants</b>	
<b>Female</b>	20
<b>Male</b>	42
<b>Total</b>	<b>62</b>

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

<b>No. of Employees/ Availees</b>	
<b>Female</b>	33
<b>Male</b>	2
<b>Total</b>	<b>35</b>

# **ANNUAL PHYSICAL EXAMINATION**

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

<b>Date Conducted</b>	<b>October 1 to 28, 2022</b>
<b>No. of Employees/ Availees</b>	<b>517</b>
<b>Total Amount as per Contract</b>	<b>Php2,330,410.00</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)**
- **SGPT**
- **SGOT**
- **Chest X-Ray**
- **ECG**
- **Whole Abdomen Ultrasound**
- **Pap Smear Examination**
- **Prostate Specific Antigen**
- **Breast Ultrasound**

# **2022 HEAD OFFICE AND SPUG-LUZON (MINUYAN OFFICE) RANDOM DRUG TESTING (RDT)**

**(Conducted by: East Avenue Medical Center/National  
Reference Laboratory (NRL))**

	<b>Head Office</b>	<b>SPUG Luzon (Minuyan Office)</b>
<b>Date Conducted</b>	<b>July 14, 2022</b>	<b>July 15, 2022</b>
<b>No. of Employees Tested</b>	<b>200</b>	<b>70</b>
<b>Total Amount as per Contract</b>	<b>Php 50,000.00</b>	<b>Php 17,500.00</b>

# INFLUENZA VACCINATION PROGRAM

## PLANTILLA / NON-PLANTILLA

<b>FUNCTIONAL GROUP/AREA/FIELD OFFICE</b>	<b>NO. OF EMPLOYEES / AVAILEES</b>
HEAD OFFICE	292
SPUG-HO	4
SPUG-LOD MINUYAN	47
MRMD	37
BICOL OPER DEPT	66
MINDORO OPER DEPT (MROD)	47
ROMBLON DEPT	47
PALAWAN	90
MQNL0D	114
SPUG VOD	151
SPUG MOD (DAVAO & ZAMBOANGA)	208
MINDANO GENERATIONS	480
<b>TOTAL</b>	<b>1,583</b>

## WORK/JOB ORDER/CONTRACT OF SERVICE/ICH

COS (HEAD OFFICE)	56
ICH/JO/WOJO/INVENTORY/SOLARIUM/ UBIX/SECURITY/FIELD (HEAD OFFICE)	37
OTHERS (HEAD OFFICE)	3
COS/ICH/JO (MQNL0D)	80
COS/ICH/JO (MRMD)	3
COS/ICH/JO (SPUG-LOD)	50
<b>TOTAL</b>	<b>229</b>

# **PNEUMOCOCCAL CONJUGATE VACCINE (PCV-13)**

The Given to employee 57 years old and above.

<b>NO. OF EMPLOYEES/ AVAILEES</b>	
<b>Female</b>	<b>58</b>
<b>Male</b>	<b>213</b>
<b>Total</b>	<b>271</b>

# **NPC Vaccination Drive**

## **CY2022 COVID-19-RELATED INITIATIVES**

(Conducted by: NPC and Quezon City LGU)

### **NPC – HEAD OFFICE**

Vaccination Date	Brand	No. of Employees/ Availees		
		Female	Male	Total
1 <sup>ST</sup> Booster				
January 21	Pfizer	118	237	355
2 <sup>ND</sup> Booster				
August 18	Pfizer	192	158	350
	AstraZeneca (1 <sup>st</sup> Dose)	26	12	38



# **NPC Head Office Contact Tracing Program**

## **CY 2022 COVID-19 RELATED INITIATIVES**

For CY 2022 a total of 246 incidents were reported and traced by HO Clinic Office

<b>Reported Cases</b>	
<b>Female</b>	<b>138</b>
<b>Male</b>	<b>108</b>
<b>Total</b>	<b>246</b>

Gallery

## COMPILED PICTURES

### Zumba/Aerobics Program







## COMPILED PICTURES

1<sup>ST</sup> Booster done 21 January 2022

NPC Head Office Platinum Hall – Screening and Interview







## NPC Head Office Fiesta Hall – Documentation, and Vaccination Procedures







**2nd Booster 18 August 2022**  
**NPC Head Office Platinum Hall – Screening and Interview**







