

CLINIC HEALTH & WELLNESS ACTIVITIES YEAR 2023

DATE	HEALTH WELLNESS ACTIVITY	FEMALE	MALE	TOTAL
Q1- January 18 and 25, 2023 Q2- April 13 and 20, 2023 Q3- August 10 and 15, 2023 Q4- November 9 and 10, 2023 Q4- November 9 and 10, 2023	Quarterly Free Fasting Blood Sugar, Cholesterol and Uric Acid Screening	279	166	445
January 2 to November 15, 2023	PDIC Safety Protocol and Preventive Measures Against Covid 19 for all Front Liners (Quarterly Distribution of Facemask & Alcohol)	47	118	165
January to February, 2023	Covid-19 Antigen Testing for PDIC personnel assigned on Field Deployment and Official Business.	36	28	64
January 2 to November 15, 2023	Provision of Covid-19 Antigen Test Kit for PDIC personnel assigned on Field Deployment/Official Business and for reporting onsite portraying covid-19 symptoms.	51	91	142
January 2 to November 15, 2023	Distribution of Prepaid Health Card/Voucher for PDIC employee who are assigned in field deployment/travel	66	63	129
January to July, 2023	Wellness Care Package for Confirmed Covid-19 Patients (Q1 to Q2)	29	14	43
January 2 to November 15, 2023	Issuance of Medical travel KIT (MTK) for Field Deployment Assignment and Official Business	337	263	600
January 2 to November 15, 2023	Employee's Work/ Health Services and Wellness (Conduct of Home Visit)	13	2	15
January 9, 2023	Usapang Covid-19 Webinar Series: Living in the New Normal	18	12	30
January 13 and 30, 2023	Philippine Red Cross Membership and Fund Campaign Program (Employees & Dependents)	137	83	220
January 18 and 25, 2023	Free Body Mass Index (BMI) And Blood Pressure Screening	64	41	105
February 13, 2023	Health and Wellness Program Survey	199	127	326
March 15 and 30, 2023	Free Eye Examination and Vision Screening	94	47	141
March 28, 2023	Seminar on Gender and Wellness, Hypertension and Cholesterol Health Care Management	12	6	18
March 30, 2023	Flu Advisory	All PDIC Personnel		
April 17, 2023	2023 Malusog na PDIC: Health and Wellness Program	All PDIC Personnel		

April 25, 2023	Heat-Related Illnesses Advisory	All PDIC Personnel		
April 28, 2023 May 11 and 20, 2023	Flu Vaccination Program (Employees and Dependents)	285	215	500
May 9, 2023	Advisory on Updated directory of Emergency Numbers and Nearby Hospitals	All PDIC Personnel		
May 25, 2023	Smoking and Vaping Advisory	All PDIC Personnel		
June 28, 2023 July 26, 2023	Voluntary Blood Donation Drive	53	34	87
July 3, 2023	Dengue Advisory	All PDIC Personnel		
July 6, 2023	Advisory on Celebrating Nutrition Month 2023: "Healthy Diet Gating Affordable for All"	All PDIC Personnel		
July 7, 2023	Cocolife Annual Physical Examination (Officers Club Members)	38	22	60
July 20, 2023	Philcare Annual Physical Examination (Phildiceo Members)	96	37	133
July 24, 2023 September 28, 2023	Health Food Fair	183	54	237
July 25, 2023	Advisory on Lifting of the COVID-19 Public Health Emergency: Health Advisory and Protocol Updates	All PDIC Personnel		
August 3, 2023	Mental Health Awareness Advisory	All PDIC Personnel		
September 8, 2023	Managing Burnout and Stress at Work Advisory	All PDIC Personnel		
September 8, 2023	Health Talk (Session No. 1 of 4) Heart Health and Helping Control Blood Pressure	44	21	65
September 22, 2023	Volcano Smog (VOG) Advisory	All PDIC Personnel		
September 29, 2023	Health Talk (Session No. 2 of 4) Neurological Health Stroke Prevention	52	15	67
October 15, 2023	One PS-DBM Fun Run 2023	15	1	16
October 19, 2023	Advisory on a Guide to Cognitive Behavioral Therapy in The Workplace	All PDIC Personnel		
October 27, 2023	Health Talk (Session No. 3 of 4) Mental Health Awareness	43	12	55
November 13, 2023	Health Advisory on Prioritizing Bone Health	All PDIC Personnel		
November 22, 2023	Pilot Yoga Class	15	0	15

November 24, 2023	Health Talk (Session No. 4 of 4) - Valuing Mental Health	38	14	52
December 6, 2023	Glucose Screening Test (Fasting and Random Blood Sugar)	67	33	100
December 15 and 18, 2023	Wellness Wonderland: Christmas Bazaar 2023	All PDIC Personnel		