

Small Business Corporation
EMPLOYEE HEALTH, SAFETY AND WELFARE ACTIVITIES FOR CY 2021
(Attended by Officers and Rank and File Employees)

Date of Activity	Name of Activity	Brief Details of Activity	Organizer	No. of Attendees
November 17, 2021 <i>(2 batches – AM & PM)</i>	Wellness Talks	<p style="text-align: center;">Title: <i>Handling Anxiety, Stress and Burnout</i></p> <p style="text-align: center;">Resource Person: <i>Dr. Gerard Danielle K. Sio</i></p>	HRMDG in coordination with Medicard	49
December 1, 2021 <i>(2 batches – AM & PM)</i>		<p style="text-align: center;">Title: <i>How to Be Blissful: Ways to Achieve Wellness in the Workplace</i></p> <p style="text-align: center;">Resource Person: <i>Dr. Mary Grace Lim</i></p>		40
December 2021	Annual Physical Examination (APE)	<p>Pursuant to Section 1 of Administrative Order No. 402 series of 1998 and CSC Memorandum Circular No. 33 series of 1997, all employees are required to undergo the following routine check-up.</p> <p>However, management allowed voluntary availment of APE CY 2021 because employees are still hesitant to have a close contract with medical personnel.</p> <p>The following procedures are covered in the APE</p> <ul style="list-style-type: none"> • Medical History and Physical Examination • Chest X-Ray • Complete Blood Count (CBC) • Urinalysis • Fecalalysis • ECG – for 35 years old and above • Papsmear – for female employees, 35 years old & above • Additional Test: Fasting Blood Sugar, Lipid Profile, Blood Uric Acid 	<p>SB Corp-HRMDG in coordination with</p> <ul style="list-style-type: none"> • MyHealth, • BMCDC HealthCare Inc., • Prime Care, Lab Life Specialty Clinics and Laboratory 	<p>55 employees completed the APE in December 2021</p> <p>While 40 employees undergo APE from Jan to Feb 2022 due to typhoon and surge in covid cases.</p>