



Republic of the Philippines
Department of Health
HEALTH FACILITIES AND SERVICES REGULATORY BUREAU

ANNEX-K

A. O. No. 2013-0006

The Basic DOH PEME Package posted at HFSRB-DOH website shall cover, but shall not be limited to, the following health examinations listed in the table below.

Table A: Basic DOH PEME for Overseas Work Applicants

MANDATORY EXAMINATIONS	MINIMUM REQUIREMENT
Complete and Thorough Medical History and Physical Examination (P.E.)	Complete and reliable results contained in the Medical Examination Report (MER), such as, but not be limited to: Applicant's Personal Information, Medical History, Detailed P.E. with Visual Acuity, Color Vision, Hearing and Speech Capacity, Dental Chart, Results of Ancillary Tests, Summary, Assessment of Fitness, Details of Examining Physician, Informed Consent Duly Signed by Applicant and Other Relevant Information.
Dental Examination	Routine Oral Examination (OE)
Visual Acuity	Use of Snellen's, Jaeger's
Color Perception	Ishihara – 24 plates
Audiometry	Pure Tone (Air Conduction)
Chest X-Ray	Digital
ECG	Routine 12-Lead or 3-Channel ECG
Blood Typing (ABO and Rh Typing)	Tube Method (direct and reverse)
CBC	Automated with 3-Part Differential Count
Test for Sexually Transmitted Diseases (STD) / Syphilis Test	RPR and/or TPHA
Pregnancy Test (for females)	Serum
Urinalysis	Microscopy and Urine Strip Reader for Urine Chemistry (10-parameter urine strip)
Stool Examination (for food handlers)	Formalin Ether Concentration Technique (FECT) and/or Equivalent
Psychological Assessment (for overseas land-based work applicants)	Autobiography, Interview & Observation and DOH Battery of Psychological Tests, namely: 1. Personality Test = 16 PF Test and/or BPI and 2. Intelligence Test = PNLT or RSPM

OPTIONAL EXAMINATIONS	MINIMUM REQUIREMENT
Basic Blood Chemistries (Fasting Blood Sugar [FBS], Cholesterol, Triglycerides, Blood Uric Acid, Creatinine)	Automated and/or Semi-Automated Method
Blood Borne Diseases (HIV, HBV, HCV)	Equipment-Based ELISA
Other Clinical Laboratory and Diagnostic Procedures	Subject to Physician's Recommendations and/or Company Set Policies / Principal's Requirements

Legend:

- ECG - Electrocardiogram
- CBC - Complete Blood Count
- RPR - Reactive Plasma Reagin
- TPHA - Treponema Pallidum Hemagglutination Test
- 16 PF - 16 Personality Factors Test
- BPI - Basic Personality Inventory
- PNLT - Purdue Non-Language Test
- RSPM - Raven's Standard Progressive Matrices
- HIV - Human Immunodeficiency Virus
- HBV - Hepatitis B Virus
- HCV - Hepatitis C Virus
- ELISA - Enzyme-Linked Immunosorbent Assay

GUIDELINES ON THE DOH PEME PACKAGE:

1. The table above shows the mandatory examinations contained in the Basic DOH PEME package. There is a corresponding 'Minimum Requirement' alongside each 'Mandatory Examination' item.
2. The basic DOH PEME package shall be applied to all applicants for overseas land- and sea-based work.
3. The Psychological Examinations shall be in force only up to the validity of a fit PEME Certificate.
 - a. The minimum battery of psychological tests shall be applied to overseas land-based work applicants.
 - b. Applicants for seafaring duty shall undergo psychological examinations whenever required by the principal and only for psychological tests prescribed by the latter.

The DOH battery of psychological tests may be applied to seafarer applicants whenever required by the employer/principal.

- c. The psychological screening and evaluation shall include, but not be limited to, the following:
 1. Interview;
 2. Autobiography;
 3. Minimum battery of psychological tests namely:
 - a. 16 PF Test and/or BPI and
 - b. PNLT or RSPM
 - d. All psychological test materials to be used shall be original and from authorized dealers.
 - e. The psychological assessment report(s) prepared by the psychometrician shall, at all times, bear the signature of the supervising psychologist who shall take full responsibility for the integrity of the report.
 - f. The psychologist and psychometrician shall be required to indicate his/her registration and professional identification (ID) card number, the date of ID issuance and its duration of validity, and the professional tax receipt (PTR) number on each official document signed or issued in connection with the practice of the profession. The foregoing is in accordance with Section 22 of R.A. No. 10029 known as the "Philippine Psychology Act of 2009."
 - g. Only physicians with specialty in the field of psychiatry are authorized to make a diagnosis of mental fitness or mental illness/disease.
4. Color Vision utilizing Ishihara (with a minimum of 24 plates) shall be mandatory for sea-based applicants and whenever required by the principal/employer for overseas land-based applicants.
 5. Audiometry with the use of at least air conduction audiograms, shall be performed on sea-based applicants and whenever required by the principal/employer for overseas land-based applicants.
 6. An ECG shall be performed on sea-based applicants, overseas land-based applicants aged 40 years and above, and whenever PEME findings warrant further investigation.
 7. Blood Typing shall include ABO and Rh typing. The tube method (direct and reverse) shall be used for all applicants of overseas land- and sea-based work.
 8. Reactive Plasma Reagin (RPR), a serological test for Sexually Transmitted Diseases (STD) and/or Treponema Pallidum Hemagglutination Test (TPHA), a test for syphilis

(TPHA) shall be performed in accordance with DOH guidelines and host country requirements.

9. Urinalysis through a combination of at least microscopy and 10-parameter urine strip reader for urine chemistry shall be performed on all overseas land- and sea-based applicants.
10. A serum pregnancy test shall be performed on all female applicants when applicable.
11. Stool examination making use of FECT and/or its equivalent shall be required of applicants applying for positions with food handling/catering services.
12. The minimum requirements for the optional examinations are the following.
 - a. The method used for the basic blood chemistries such as, but not limited to FBS, Cholesterol, Triglycerides, Blood Uric Acid, Creatinine, shall be at least automated and/or semi-automated.
 - b. The method used for blood-borne diseases such as HIV, HBV and HCV, shall be at least equipment-based ELISA.
 - c. A reactive screening test to HIV shall be confirmed at the STD/AIDS Central Cooperative Laboratory (SACCL) while reactive screening tests to HBV and/or HCV shall be confirmed at any capable clinical laboratory licensed by DOH.

13. Prices

- a. The price of the mandatory basic DOH PEME package shall be within the range of two thousand (2,000.00) pesos to two thousand two hundred (2,200.00) pesos, in Philippine currency. The clinic shall not charge more or less than the allowed price for the basic mandatory DOH PEME package.
- b. The price of the individual test shall be reasonable and just, and based on the actual costs of the services rendered.
- c. The prices of health exams shall be uploaded by the clinic to the Online OFW Health Exam Price Monitoring System (OFWHEPMS) and updated every 6 months.
- d. Prices of health examinations shall be posted at conspicuous areas in all clinics. The cost of the basic DOH PEME package shall be displayed at the reception area using, at a minimum, a tarpaulin not less than two (2) feet by three (3) feet in dimension and legible enough at a distance of twenty (20) feet. The cost of other health examination packages shall be shown in a similar manner. The following statements shall also be included in all the tarpaulins to be posted: *"For any*

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inquiries or concerns, you may contact the Department of Health- Health Facilities and Services Regulatory Bureau at 651-7800 locals 2512 (Regulatory Compliance and Enforcement Division) or 2528 (Quality Assurance and Monitoring Division). For complaints, call 651-7800 local 2527 (Complaints Management and Action Unit).”

14. The applicant shall pay directly to the DOH accredited medical clinic where the PEME is to be conducted except in the case of a seafarer whose medical examination cost is shouldered by the principal/ship owner.

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