HEALTH AND WELLNESS PROGRAM CY 2025-2029

150	PROGRAMS/				A PART OF THE PROPERTY OF THE PART OF THE	and the second s	a transplant and the		of the second section of the	and the control of th
NO.	PROJECTS/	DETAILS	LEGAL REFERENCES					FUNDING	REMARKS	
a galax	ACTIVITIES (PPA)			CY 2025	CY 2026	CY 2027	CY 2028	CY 2029	SOURCE	
	SPORTS AND RECREATION	ZUMBA / YOGA / PILATES / JAZZ DANCING	MC No. 8, s. 2011 MC No. 21, s. 2009 MC No. 4, s. 2020 MC No. 38, s. 1992							CSC MC # 38 SERIES OF1992; ONE HOUR A WEEK OR 20 MINUTES A DAY
		SPORTSFEST / RECREATIONAL GAMES	MC No. 21, s. 2009 MC No. 4, s. 2020						CULTURAL AND ATHLETICS PROGRAM	ANNUAL ACTIVITY (SUBJECT TO APPROVAL OF ADMINISTRATOR AND AVAILABILITY OF FUNDS) C/O SPECIAL EVENTS COMMITTEE
		INTER-AGENCY SPORTS COMPETITION i.e. GOCC ATHLETIC ASSOCIATION, INC. (FORMERLY GCAA)							CULTURAL AND ATHLETICS PROGRAM	ANNUAL ACTIVITY; REFER TO THE ATTACHED COST PROJECTION, ANNEX A
		ESTABLISHMENT OF GYM (CONSTRUCTION MATERIALS, ETC.)	MC No. 8, s. 2011 MC No. 21, s. 2009 MC No. 4, s. 2020 Proclamation 1096, s. 1973							ESTABLISHING GYM FOR ALL CONCERNED LRTA EMPLOYEES AND PERSONNEL
		PROVISION OF GYM EQUIPMENT AND MATERIALS	MC No. 8, s, 2011 MC No. 21, s, 2009 MC No. 4, s, 2020 Proclamation 1096, s, 1973							PROVISION OF GYM EQUIPMENT AND MATERIALS FOR ALL CONCERNED LRTA. EMPLOYEES AND PERSONNEL
2		EYE VISION CHECKING / OPTICAL SERVICES HEARING TESTS / MUSCULOSKELETAL EVALUATION / DENTAL HEALTH / APE			de la constanta de la constant					TO COORDINATE WITH GOVERNMENT HOSPITALS/PRIVATE MEDICAL INSTITUTIONS OFFERING FREE SERVICES
		CONTINUING TRAINING ON FIRST AID AND BASIC LIFE SUPPORT FOR ALL LRTA EMPLOYEES ESPECIALLY FRONTLINERS	The state of the s						APPROVED LEARNING AND DEVELOPMENT PROGRAM	ANNUAL ACTIVITY
		LECTURES ON SPECIFIC RELEVANT HEALTH ISSUES/TOPICS (QUIT SMOKING AND EXCESSIVE DRINKING, IMPORTANCE OF HEALTHY DIET)	MC No. 7, s. 1999						APPROVED LEARNING AND DEVELOPMENT PROGRAM	ANNUAL ACTIVITY
		RANDOM DRUG TESTING	MC No. 5, s. 2019							MAY BE ADMINISTERED BY DOH ACCREDITED CENTER/FACILITY ATLEAST EVERY 2 YEARS OR AS THE NEED ARISES AS PER INSTRUCTION OF THE ADMINISTRATOR.

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HEALTH AND WELLNESS PROGRAM CY 2025-2029

NO.	PROGRAMS/ PROJECTS/	DETAILS	LEGAL REFERENCES				FUNDING	REMARKS		
100	ACTIVITIES (PPA)			CY 2025	CY 2026	CY 2027	CY 2028	CY 2029	SOURCE	INCHIANNO CONTRACTOR OF THE PROPERTY OF THE PR
2	PHYSICAL-MEDICAL HEALTH PROGRAMS	ANTIGEN TESTING SHALL BE PROVIDED/ADMINISTERED (IF AVAILABLE), SUBJECT TO APPROVED PROCEDURE ON THE PROVISION AND ADMINISTRATION OF ANTIGEN TEST KIT TO LRTA EMPLOYEES AND PERSONNEL SUCH AS BUT NOT LIMITED TO SENIOR CITIZEN, EMPLOYEES WITH COMORBIDITIES, EMPLOYEES AND PERSONNEL FOR DEPLOYMENT AND THOSE ATTENDING MASS ACTIVITIES OF LRTA E.G. EMPLOYEE RELATIONS ACTIVITY, SPORTSFEST, ETC.							N.A	PROCEDURE (2023.PR.HRD.007) PROVISION AND ADMINISTRATION OF ANTIGEN TEST TO LRTA EMPLOYEES
		VACCINATION INITIATIVES FOR CURRENT MEDICAL CONDITIONS AND OTHER PREVENTABLE ILLNESSES AS PER DEMAND BASIS (E.G., FLU VACCINE, HPV VACCINE HEPATITIS B, ETC.)								COORDINATE WITH GOVERNMENT HOSPITALS AND AGENCIES OFFERING FREE SERVICES. WITH PRIOR CENSUS REGISTRATION
AND AND THE STATE OF THE STATE		ORIENTATION AND ADOPTION OF POLICES ISSUED BY DOH ON THE FOLLOWING MEDICAL CONDITIONS IN THE WORKPLACE:	JMC No. 1, s. 2020						N.A	CCCRDINATE WITH DOH AND OTHER ACCREDITED HOSPITALS AND FACILITIES Partnership with Department of Health * Disease Prevention and Health Promotion
		* CARDIOVASCULAR DISEASES (HYPERTENSION AND HIGH BLOOD PRESSURE)	JMC No. 1, s. 2020							
		*RESPIRATORY CONDITIONS (TUBERCULOSIS)	JMC No. 1, s. 2020							
			JMC No. 1, s. 2020							
			JMC No. 1, s. 2020			-				
			MC No. 11, s. 2013							
makes and the special section of the special			JMC No. 1, s. 2020			remove open may depend on the first of the f				

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HEALTH AND WELLNESS PROGRAM CY 2025-2029

NO.	PROGRAMS/ PROJECTS/	DETAILS	LEGAL REFERENCES						FUNDING	REMARKS
	ACTIVITIES (PPA)		LEGAL REFERENCES	CY 2025	CY 2026	CY 2027	CY 2028	CY 2029	SOURCE	REMARKS
	FOOD SANITATION PROGRAMS / VENDOR OFFERING EALTHY FOODS AT THE CAFETERIA (WIDE SELECTION	NUTRITIONIST, DIETICIANS AND/OR MEDICAL PERSONNEL TO CONDUCT ASSESSMENT OF EMPLOYEE HEALTH HABITS AND SUGGEST REQUIRED WEEKLY DIET AND EXERCISE BASED ON EXISTING MEDICAL CONDITION: OR CONDUCT ORIENTATION TO ALL CONCERNED EMPLOYEES ABOUT GOOD NUTRITION AND HEALTHY EATING HABITS								HRMD - MEDICAL SERVICES MAY INVITE NUTRITIONIST / DIETICIANS TO CONDUCT ASSESSMENT OFFERING FREE SERVICES OR WITH HONORARIA Collaboration with National Nutrition Council Nutrition and Healthy Eating
4	PSYCHO-SOCIAL DEVELOPMENT PROGRAMS AND SPIRITUAL HEALTH PROMOTION	TEAMBUILDING ACTIVITIES (IN-HOUSE AND LIVE-IN OR OUT OF THE OFFICE)	MC No. 4, s. 2020						APPROVED LEARNING AND DEVELOPMENT PROGRAM	SUBJECT TO APPROVAL OF THE DADMINISTRATOR AND AVAILABILITY OF FUNDS
propries and an annual separate service servic	T TOMOTION	EMPLOYEE RELATIONS ACTIVITY	MC No. 4, s. 2020							SUBJECT TO APPROVAL OF THE ADMINISTRATOR AND AVAILABILITY OF FUNDS
A CONTRACTOR OF THE PROPERTY O		FORMATION OF INTEREST GROUPS, i.e., INTER-FAITH GROUP ACTIVITY (LORDS FLOCK), LRTA CHOIR/CHORALE, LRTA BAND, LRTA DANCE TROUPE, RIDERS)								
		RECHARGE/BROWN BAG AREA * Meditation Room (Quiet Area, Mini Library, Yoga Area) * room inside LRTA (with music, board games, books, etc.) * Karacke Room (subject for approval)						*		

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HEALTH AND WELLNESS PROGRAM CY 2025-2029

NO.	PROGRAMS/ PROJECTS/ ACTIVITIES (PPA)	DETAILS	LEGAL REFERENCES							REMARKS
			LEONE REFERENCES	CY 2025	CY 2026	CY 2027	CY 2028	CY 2029	SOURCE	KEMAKAS
5	MENTAL HEALTH PROGRAMS	INTEGRATION AND PROMOTION OF MENTAL HEALTH PROGRAM IN THE WORKPLACE	MC No. 4, s. 2020							MENTAL HEALTH PROGRAM FOR APPROVAL OF ADMINISTRATOR Collaboration with National Center for Mental Health
		HIRING OF CLINICAL PSYCHOLOGIST / GUIDANCE COUNSELOR / RECOMMENDATION TO NATIONAL CENTER FOR MENTAL HEALTH IF THERE WILL BE FINDINGS								CONTRACT OF SERVICE
		VALUES REITERATION AND PSYCHOLOGICAL AWARENESS SEMINARS FOR MANAGEMENT AND RANK AND FILE PERSONNEL (Breaking the Stigma about Mental Health)							APPROVED LEARNING AND DEVELOPMENT PROGRAM	
		CAPACITY-BUILDING FOR MENTAL HEALTH PROGRAM ADMINISTRATORS IN THE AGENCY							APPROVED LEARNING AND DEVELOPMENT PROGRAM	
		EDUCATION CAMPAIGN, LECTURE/SEMINAR ON MENTAL HEALTH WELL-BEING AND OTHER RELEVANT HEALTH ISSUES (Coping with Anxiety, Stress Management, Beating Decression, etc.)							APPROVED LEARNING AND DEVELOPMENT PROGRAM	
ARRANA A A ANALANA ANA		LECTURE-DEMONSTRATION ON MINE RELAXATION AND SOUL-SEARCHING AND SPIRITUAL UPLIFTMENT (Connecting with Nature, Encourage Reflection Journaling/Painting/Drawing/Retreats)	MC No. 38, s. 1992							
		CONFIDENTIAL DATABASE OF EMPLOYEES WITH MENTAL HEALTH CONDITIONS	MC No. 4, s. 2020							MEDICAL SERVICES/HRMD
		HOTLINES FOR MENTAL HEALTH INTERVENTIONS	MC No. 4, s. 2020							

HEALTH AND WELLNESS PROGRAM CY 2025-2029

NO.	PROGRAMS/ PROJECTS/	DETAILS	LEGAL REFERENCES			FUNDING	REMARKS			
	ACTIVITIES (PPA)			CY 2025	CY 2026	CY 2027	CY 2028	CY 2029	SOURCE	
6	OTHER PROGRAM / PROJECTS	1. ACQUISITION OF TWO (2) AMBULANCE	MC No. 33, s. 1997							under CY 2024 COB
		UPGRADING OF THE MEDICAL INSTRUMENTS AND EQUIPMENT OF THE FIVE (5) CLINICS TO BE RENOVATED.							COB	under CY 2024 COB
		3 SETTING UP OF ARRANGEMENT WITH GOVERNMENT HOSPITALS FOR PASSENGER ACCIDENT VICTIMS								MEMORANDUM OF AGREEMENT (MOA PREPARATION
		4. FINANCIAL COACHING / INFORMATION SESSIONS ON HEALTH INSURANCE BENEFITS								Collaboration with PhilHealth
		5. OCCUPATIONAL HEALTH AND SAFETY	JMC No. 1, s. 2020							Collaboration with Department of Labor and Employment "Work-Life Balance "Work-Date Erronomics
		TOTAL								TOTALISTE CIUVIDIIICS

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