

## PROCEDURAL GUIDELINES FOR THE PRE-ENROLLMENT HEALTH ASSESSMENT (PEHA) FOR ACADEMIC YEAR 2020-2021

As part of the post-quarantine measures following the Covid-19 pandemic, the usual Chest X-ray and Physical Examination as pre-enrollment requirements shall be deferred temporarily until further notice. In lieu of the above, all incoming freshmen for the SY 2020-2021, including graduate students and Midyear enrollees who will be needing health assessment shall be asked to submit an accomplished **Health Declaration Form** and a **Mental Health Screening Tool**, online. Specific instructions are as follows:

1. Download the [Health Declaration Form](https://our.upd.edu.ph) from the OUR website (<https://our.upd.edu.ph>) and accomplish the two-page form. If you prefer to give handwritten answers, please use black or blue ink and write legibly.
2. The Mental Health Screening Tool is available at the following link <https://tinyurl.com/uphsmhscreening>. After typing your answers, you will receive a copy of the accomplished screening tool in your email address.
3. Email the fully accomplished Health Declaration Form and Mental Assessment Form to [uhs.updiliman@up.edu.ph](mailto:uhs.updiliman@up.edu.ph).
4. The UP Diliman University Health Service (UPHS) will email you a certificate of compliance once your submission has been verified to be in order.
5. Deadlines for submission are as follows:
  - For incoming freshmen (UPCAT passers) – **July 31, 2020**.
  - For incoming freshmen (graduate students, VAAS qualifiers, transferees and those under AA programs and other Special programs) – **August 15, 2020**.
6. For inquiries, please contact UPHS at 8981-8500 local 2702 or send a private message to the Facebook Page: **UP Diliman PEHA**.

Pre-enrollment Health Assessment Committee 2020  
University of the Philippines Health Service, Diliman