

PRE-ENROLLMENT HEALTH ASSESSMENT (PEHA)

All newly admitted (UPCAT, graduate/post-graduate, VAAS, certificates/special programs), transferees from other UP campuses/universities, and returning students (from LOA/AWOL of more than 1 semester) who will be enrolling to UP Diliman must undergo thorough health assessment.

Please read and follow these steps: *(words/ phrases in blue font are links to download documents or further instructions)*

1. Download and digitally accomplish pages 1 to 7 of [PEHA Forms](#) then print (FIT to short/A4 size white bond paper). *If handwritten, please use **BLACK or BLUE INK** and **WRITE LEGIBLY**.* Paste your colored 2"x2" or passport-size photo taken within the last three months.
2. Do you have any comorbidity/ pre-existing medical condition including mental health illness? Are you immunocompromised? **If YES**, obtain a medical certificate from your attending physician allowing you to attend classes and/or stating your restrictions.
3. Have the [diagnostic tests](#) done. You have two options:

Option A: For your convenience, you may opt to do the following tests at your preferred reputable healthcare facility OR submit results of your recent APE/general check-up.

Please note that IF YOU WILL UNDERGO PHYSICAL EXAMINATION AT UPHS (pages 5 to 7 of PEHA forms), we will only accept results that are:

- a. Chest X-ray (PA view) – LESS than 6 months old on the date of PEHA consultation
- b. Complete Blood Count – LESS than 1 week old on the date of PEHA consultation
- c. Urinalysis – LESS than 1 week old on the date of PEHA consultation

Option B: [Get your diagnostic tests done at UPHS.](#)

Appointment is required. Results will be ready for pick-up after 1-3 business days.

*Dental Examination may be done either on the day of PEHA Diagnostics or Consultation **provided that the student has NO respiratory symptoms.***

4. **You may only proceed to PEHA CONSULTATION once you have answered the PEHA forms and your diagnostic test results are available.** There are two ways to do this:

Option A: Physical Assessment done **at UP Health Service**

[Book an appointment](#) for in-person consultation wherein you will have your physical examination and mental health screening at UP Health Service. **PICK THE DATE when your diagnostic test results at UPHS are ready for pick-up.**

Option B: Physical and dental assessment done **at other healthcare institutions**

This option may lessen your number of visits/shorten your transaction time at UPHS.

Have the PE Form 2C (p.5 of PEHA forms) accomplished by your doctor. Present the results of your diagnostic tests to him/her during consultation. Similarly, consult your dentist and ask him/her to fill out the Dental Chart and Recommendation Sheet (p. 6-7 of PEHA forms). Proceed to UPHS for **PEHA VALIDATION¹**.

¹PEHA VALIDATION: Only those with complete diagnostic test results, physical and dental assessment will be allowed to WALK-IN (no appointment) Monday to Friday 9:00am-3:00pm for validation of PE, mental health screening, and issuance of Medical Certificate for Admission.

REMINDERS/ OTHER IMPORTANT INFORMATION:

▪ WHAT TO BRING:

PEHA DIAGNOSTICS (Day 1)	PEHA CONSULTATION (Day 2)
<ul style="list-style-type: none"> ✓ Notice of Admission/ Acceptance Letter ✓ Screenshot of APPOINTLET Booking Confirmation ✓ accomplished PEHA FORMS with 2x2" colored ID picture ✓ accomplished REQUEST FOR DIAGNOSTIC TESTS ✓ Php10 for specimen bottle ✓ Medical Certificate (comorbidity/pre-existing medical condition)-if applicable ✓ BLACK or BLUE pen 	<ul style="list-style-type: none"> ✓ Notice of Admission/ Acceptance Letter ✓ Screenshot of APPOINTLET Booking Confirmation ✓ accomplished PEHA FORMS with 2x2" colored ID picture ✓ Results of: Chest X-ray result (Radiographic/Radiologic Findings), CBC, Urinalysis ✓ Medical Certificate (comorbidity/pre-existing medical condition)-if applicable ✓ BLACK or BLUE pen

- WHAT TO WEAR (PEHA DIAGNOSTICS/Day 1): plain short sleeve shirt without zippers/ buttons and prints, no necklace/jewelry, shoes that are easy to remove, *for ladies: bra without underwire
- For your safety, please wear a FACE MASK.
- For those below 18 years of age, remember to ask your parent/ guardian to sign the CONSENT FORM
- Parents/ Companions are NOT ALLOWED inside the UPHS premises, except those who need assistance (ex. physical handicap)
- **Medical Certificate for Admission will be issued ONLY if the student is deemed FIT at the time of consultation. Further diagnostic tests or referrals to specialists may be required by the examining physician. One-day process is not guaranteed.**
- **No PEHA** on holidays and suspension of work in the government. Notifications regarding **changes in PEHA schedule** will be sent to the email address provided in the APPOINTLET booking form and announced at the UP Diliman PEHA Facebook page.

Prepared by: PEHA Committee 2024

Approved: Dr. Myrissa Melinda L. Alip
UPHS Director

CONTACT US

Email: peha.upd@up.edu.ph
Phone: 8981-8500 local 2702
Facebook: UP Diliman PEHA