DEPARTMENT OF EDUCATION
RECORDS SECTION
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BY: DATE: 9/14/2026
TIME:
LIGAO CITY DIVISION, LIGAO CITY

Republic of the Philippines
Department of Education
Region V - Bicol
SCHOOLS DIVISION OFFICE LIGAO CITY
Office of the Schools Division Superintendent

DEPARTMENT OF EDUCATION
RECORDS SECTION
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TIME:
LIGAO CITY DIVISION, LIGAO CITY

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MEMORANDUM

TO: Asst. Schools Division Superintendent
Chief Education Supervisors (CID and SGOD)
All SDO Unit/Section Heads
All Elementary and Secondary School Heads
All Others Concerned

FROM: **NYMPHA D. GUEMO**
Schools Division Superintendent

SUBJECT: **REMINDER ON THE AVAILMENT OF THE ANNUAL PHYSICAL EXAM FOR SCHOOL AND SDO PERSONNEL WHO AVAILED THE GROUP HMO**

DATE: September 14, 2026

1. In view of the upcoming expiration of the contract of SDO Ligao City with the IMS Wellth Care, Inc., the SDO Ligao City's health care provider for the group HMO, all School-based and SDO-based personnel who availed the group HMO are hereby reminded to have their Annual Physical Examination using their IMS Wellth Care health card on or before the end of the month of October, 2026.

2. To avail of the APE services, the following are their accredited hospitals in Albay:

HOSPITAL
a. Albay Doctors Hospital Inc., Legazpi City
b. ACE Medical Center Inc., Bogtong, Legazpi City
c. Daraga Doctors Hospital Inc., Daraga, Albay
d. Jaime B. Berces Memorial, Tabaco City
e. Tanchuling Medical Hospital, Legapi City
f. Tiwi Doctors Hospital, Tiwi, Albay

CLINIC
a. MMG Tabaco Branch, Tabaco City
b. Ibalong Medical Center, Old Albay, Legazpi City
c. MMG Legazpi Branch, LANDCO Business Park, Legazpi City
d. MMG Ligao Branch, Dunao, Ligao City
e. MMG Polangui Branch, Gabon, Polangui Albay
f. PREMIERMD Health Care Clinic, Oro Site, Legazpi City

3. For those who wish to have the examination in other parts of the Bicol Region, you may refer to the attached list.

4. For the information and guidance of all concerned.

NAUTICAL HIGHWAY, MASIPIT CALAPAN CITY ORIENTAL MENDORO
MOBILE NO.: 09171777673

4. **PINAMALAYAN DOCTORS HOSPITAL**
FRANCISCO ST., PINAMALAYAN ORIENTAL MINDORO
TEL NO.: (043) 748-6755
MOBILE NO.: 0917-324-7424; 0956-558-5226

CLINIC

1. **BIOFERA MEDICAL DIAGNOSTIC CENTER**
SITIO LOMBOY, BRGY. PACLASAN, ROXAS, ORIENTAL MINDORO
MOBILE NO.: 0966-314-2719

PALAWAN

HOSPITAL

1. **ADVENTIST HOSPITAL PALAWAN**
SAN PEDRO, PUERTO PRINCESA CITY, PALAWAN
TEL NO: (048) 433 1247

2. **ALLIED CARE EXPERTS (ACE) MEDICAL CENTER PALAWAN**
SOUTH NATIONAL HIGHWAY, SAN PEDRO, PUERTO PRINCESA CITY PALAWAN
MOBILE NO: 09171200913; 09273646018
TEL. NO: (048)717-0019

3. **PALAWAN MEDICAL MISSION GROUP MULTI-PURPOSE COOPERATIVE (PMMGMPC)**
COR. BURGOS-MABINI STREETS PUERTO PRINCESA CITY, PALAWAN
Tel No: (048) 434-5580; 433-3255
Mobile No.: 0995-293-3703
Tele Fax: No: (048) 433-6137

CLINIC

1. **BIOFERA MEDICAL DIAGNOSTIC CENTER**
TENGA-TENGA, CUYO, PALAWAN
MOBILE NO.: 0917-308-8293

2. **MEDIPLUS HEALTHCARE SERVICES INC.**
G/F RENGEL CENTER, H. MENDOZA STREET, BRGY. MODEL, PUERTO PRINCESA CITY, PALAWAN
TEL: (048) 241 0198
MOBILE NO.: 0960-354-2021

3. **HEALTHWAY LIO, EL NIDO**
UNIT E1-E3 SHOPS@LIO, LIO ESTATE, VILLA LIBERTAD, EL NIDO PALAWAN
MOBILE NO: 0917-104-5674

4. **MMG MEDICAL PLAZA – PALAWAN**
MALVAR STREET, BRGY. MANDARAGAT PUERTO PRINCESA CITY PALAWAN
MOBILE NO: 0912-148-6927

5. **PALAWAN HEALTH SPECIALISTS INC**
2G2 NATIONAL HIGHWAY, BARANGAY TINIGUIBAN, PUERTO PRINCESA CITY PALAWAN
MOBILE NO: 0917-159-9429

6. **THE MEDICAL CITY CLINIC – ROBINSON PALAWAN**
L1-187B, LEVEL 1, ROBONSONS PALAWAN, NORTH NATIONAL HIGHWAY, BARANGAY SAN MANUEL, PUERTO PRENCESA PALAWAN
MOBILE NO.: 09513713983

REGION 05

ALBAY

HOSPITAL

1. **ALBAY DOCTORS HOSPITAL, INC.**
PEÑARANDA ST., LEGAZPI PORT DISTRICT, LEGAZPI CITY, ALBAY
TEL. NO.: (052) 480-8747; (052) 480-6747
MOBILE NO.: 0917-572-3827;

2. **ALLIED CARE EXPERTS MEDICAL CENTER – LEGAZPI, INC.**
DARAGA LEGAZPI DIVERSION ROAD BRGY. BOGTONG, LEGAZPI CITY ALBAY
MOBILE NO.: 0968-876-2327

3. **DARAGA DOCTORS HOSPITAL, INC.**
DARAGA LEGAZPI DIVERSION ROAD BRGY. BOGTONG, LEGAZPI CITY ALBAY
MOBILE NO.: 0917-706-5629

4. **JAIME B. BERCES MEMORIAL HOSPITAL**
KARANGAHAN BLVD. TABACO CITY ALBAY
TEL. NO.: (052) 203-0708; (052) 732-7670
MOBILE NO.: 0977-057-6808

5. **MEDICAL MISSION GROUP MULTIPURPOSES COOPERATIVE-ALBAY (TABACO BRANCH)**
MMG ALBAY BLDG., 216 ZIGA AVE., TAYHI, TABACO CITY, ALBAY
MOBILE NO.: 0917-5833-577
NOTE: NO CONSULTATION

6. **TANCHULING GENERAL HOSPITAL**
JASMIN ST. LEGAZPI PORT DISTRICT LEGAZPI CITY, ALBAY
MOBILE NO.: 0977-377-4791

7. **TIWI DOCTORS HOSPITAL**
PUROK SANTOL, NAGAS, TIWI, ALBAY
MOBILE NO.: 0968-359-7893

CLINIC

1. **IBALONG MEDICAL CENTER**
RIZAL AVENUE, OLD ALBAY DISTRICT LEGAZPI CITY
TEL. NO.: (052) 596-6337
MOBILE NO.: 0917-570-2551

2. **MEDICAL MISSION GROUP HOSPITAL HEALTH SERVICES COOPERATIVE-ALBAY (LEGAZPI BRANCH)**
LOT 4B, BLK 3, LANDCO BUSINESS PARK F. IMPERIAL ST., KAPANTAWAN LEGAZPI CITY
MOBILE NO.: 0917-5173783
NOTE: NO CONSULTATION

3. **MEDICAL MISSION GROUP HOSPITAL HEALTH SERVICES COOPERATIVE-ALBAY (LIGAO BRANCH) LABORATORY PROCEDURE ONLY**
DR. GARCIA MEMORIAL HOSPITAL CONCEPCION ST. DUNAO LIGAO CITY
MOBILE NO.: 0917-517-2105
NOTE: NO CONSULTATION

4. **MEDICAL MISSION GROUP HOSPITAL HEALTH SERVICES COOPERATIVE-ALBAY (POLANGUI BRANCH)**
G/F SAMAR BLDG. GABON POLANGUI ALBAY
MOBILE NO.: 0917-517-8131
NOTE: NO CONSULTATION

5. **PREMIERMD HEALTH CARE CLINIC**
213 MAGALLANES ST., ORO SITE, LEGAZPI CITY, ALBAY
MOBILE NO.: 0916-373-8055; 0935-159-3982

CAMARINES NORTE

HOSPITAL

1. **DAET DOCTORS HOSPITAL INCORPORATED**
GOVERNOR PANOTES AVENUE BRGY 7, DAET CAMARINES NORTE
TEL. NO.: 0995-137-4667; 0949-609-9420

2. **LEON D. HERNANDEZ HOSPITAL**
1328 DASMARIÑAS ST. DAET CAMARINES NORTE
TEL NO. (054) 571 2811

3. **OUR LADY OF LOURDES HOSPITAL**
VINZON AVE. BRGY. LAG-ON, DAET, CAMARINES NORTE
TEL NO.: (054) 440 1127; 721-2664 885-0143; 440-1147

4. **RACELIS-TIONGSON MEDICAL CLINIC**
VILLAFLORES STREET, BARANGAY SAN FRANCISCO, LABO, CAMARINES NORTE
MOBILE NO.: 0918-353-5201

CLINIC

1. **ACS MEDICAL AND DIAGNOSTIC CLINIC**
BURGOS ST. GUNAMELA, LABO, CAMARINES NORTE
MOBILE NO. 0921-911-6362

2 **ACS MEDICAL AND DIAGNOSTIC CLINIC**
PUROK 1, PARACALE, CAMARINES NORTE
MOBLE NO. 0977-213-8657

3. **VICENTE-ISABEL MULTISPECIALTY CLINIC AND DIAGNOSTIC CENTER, INC.**
BRGY. BATOBALANI, PARACALE CAMARINES NORTE
TEL. NO. 0909-934-4248

4. **VICENTE-ISABEL MULTISPECIALTY CLINIC AND DIAGNOSTIC CENTER, INC.**
UNIT 1E, DAET MEDICAL PLAZA BAGASBAS ROAD, BRGY. 6, DAET CAMARINES NORTE
TEL NO: (054) 875-4250
MOBILE NO.: 0917-661-0326; 0917-568-4518

CAMARINES SUR

HOSPITAL

1. **BICOL ACCESS HEALTH CENTRUM**
CENTRAL BUSINESS DISTRICT 2, NAGA CITY, CAMARINES SUR
MOBILE NO.: 0919-084-1830; 0920-900-4309; 0917-580-2242

2. **NICC DOCTORS HOSPITAL**
ROXAS AVENUE, TRIANGULO, NAGA CITY, CAMARINES SUR
MOBILE NO.: 0933-818-2970

3. **OUR LADY MEDIATRIX HOSPITAL**
HIGHWAY 1, SAN JOSE, IRIGA CITY, CAMARINES NORTE
MOBILE NO.: 0997-690-3457; 0917-306-1815; 0917-154-8213

4. **UNIVERSIDAD DE STA. ISABEL HEALTH SERVICES DEPARTMENT**
ROXAS AVE., DIVERSION ROAD TRIANGULO, NAGA CITY, CAMARINES SUR
MOBILE NO.: 0917-631-449; 0929-631-2907

5. **VILLANUEVA-TANCHULING MATERNITY AND GENERAL HOSPITAL**
NATIONAL HIGHWAY 1 ROAD, SAN JOSE, CITY OF IRIGA, CAMARINES SUR
MOBILE NO.: 0966-697-6601

CLINIC

1. **BASCUÑA MEDICAL CLINIC AND PILI CLINICAL LABORATORIES**
SAN VICENTE POBLACION, PILI CAMARINES SUR
MOBILE NO.: 0917-166-7334; 0999-881-3787

2. **BICOLCARE MEDICAL CLINIC AND LABORATORY**
CBD II, NINOY AND CORY AVE., BRGY. TRIANGULO, NAGA CITY, CAMARINES SUR
MOBILE NO.: 0998-967-8602;

3. **HUMACARE MEDICAL DIAGNOSTICS**
32 PEÑAFRANCIA AVE., NAGA CAMARINES SUR
TEL. NO.: (054) 206-2933
MOBILE NO.: 0948-777-6653
NOTE: APE ONLY

4. **MULTI-MED DIAGNOSTIC LABORATORY**
2ND FLOOR IRIGA SHOPPING ARCADE
MSGR. LANUZA ST., SAN FRANCISCO
IRIGA CITY, CAMARINES SUR
MOBILE NO.: 0912-170-2615

CATANDUANES

HOSPITAL

1. **CATANDUANES DOCTORS HOSPITAL, INC.**
BRGY. VALENCIA, VIRAC, CATANDUANES
MOBILE NO.: 0928-866-1226

2. **IMMACULATE HEART OF MARY HOSPITAL, INC.**
E. RAFAEL STREET, RAWIS, VIRAC, CATANDUANES
MOBILE NO.: 0917-540-0012

MASBATE

CLINIC

1. **CROWN MED ASIA DIAGNOSTIC CENTER INC**
LOT 309, MABINI ST., BRGY. CENTRO., MASBATE, PHILIPPINES
MOBILE. : 0965-687-5446

SORSOGON

HOSPITAL

1. **GSAC GENERAL HOSPITAL**
SORSOGON CITY, SORSOGON
MOBILE NO.: 0970-311-7315

2. **METRO HEALTH SPECIALISTS HOSPITAL, INC.**
DIVERSION ROAD, CABID-AN, SORSOGON CITY
MOBILE NO.: 0919-077-8890

3. **SORSOGON MEDICAL MISSION GROUP HOSPITAL AND HEALTH SERVICES COOPERATIVE**
MAHARLIKA HIGHWAY, SORSOGON CITY, SORSOGON
TEL NO: 0956-339-3434

CLINIC

1. **METRO HEALTH LABORATORY AND MEDICAL SERVICES, INC.**
BALOGO, SORSOGON CITY
MOBILE NO.: 0981-773-9135

1. **MDS DIAGNOSTIC LABORATORY**
B5 2F ST. MATTHEW'S BLDG. MAGSAYSAY ST., ALMENDRAS COGON
SORSOGON CITY, SORSOGON
MOBILE NO.: 0938-324-4321

REGION 06

AKLAN

HOSPITAL

1. **AKLAN COOPERATIVE MISSION HOSPITAL**
ROXAS AVE. EXT., ANDAGAO KALIBO, AKLAN
TEL NO.: (036) 262-3925

2. **DR. RAFAEL S. TUMBOKON MEMORIAL PROVINCIAL HOSPITAL**
MABINI ST., KALIBO, AKLAN
TEL. NO: (036) 268-7062; 268-2616
TELEFAX: (036) 268-456

3. **SAINT GABRIEL MEDICAL CENTER**
ARCHBISHOP GABRIEL, M GM REYES STREET, POBLACION KALIBO, AKLAN
TEL: (036) -262-1900

4. **SAINT GABRIEL MEDICAL CENTER**
BORACAY MAIN ROAD, BORACAY

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