

Small Business Corporation  
**EMPLOYEE HEALTH, SAFETY AND WELFARE ACTIVITIES FOR CY 2023**

<b>Date of Activity</b>	<b>Name of Activity</b>	<b>Brief Details of Activity</b>	<b>Organizer</b>	<b>No. of Attendees</b>
May 10, 2023	Health & Wellness	Wellness Session: "How to Manage Stress in the Workplace" <i>(online)</i>	SB Corporation in coordination with MediCard	88
July 5, 2023		Wellness Session: "Stress, Anxiety or Depression Struggles and Coping with Day-to-Day Scenarios" <i>(online)</i>		138
July 19, 2023		Zumba session <i>(online and in-person)</i>		30
September 13, 2023		Wellness Session: "Health Maintenance (Healthy Ways of Living)" <i>[online]</i>		89
March 16 & 17, 2023 <i>(4 batches)</i>	Safety Activity	Public Service Continuity Plan (PSCP) Orientation <i>[online]</i>	SB Corporation	254
April 13, 2023		Webinar on DOST-PHIVOLCS Infobit <i>(online)</i>	SB Corporation in coordination with DOST-PHIVOLCS Infobit	100
July 6, 2023		Orientation on Disaster Preparedness in the Workplace <i>(online)</i>	SB Corporation in coordination with Office of the Civil Defense	150
July 27, 2023		Earthquake Drill	SB Corporation	-
November 10, 2023		Fire Drill Exercise	SB Corporation in coordination with 139 Corporate Center Building	-
November 8, 2023	Welfare Activity	GSIS Pre-retirement Webinar <i>(online)</i>	SB Corporation in coordination with GSIS	100

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October to December 2023	Annual Physical Exam	APE Coverage: <ul style="list-style-type: none"> <li>• Medical History and Physical Examination</li> <li>• Chest X-Ray</li> <li>• Complete Blood Count (CBC)</li> <li>• Urinalysis</li> <li>• Fecalalysis</li> <li>• ECG – for 35 years old and above</li> <li>• Pap smear – for female employees, 35 years old &amp; above</li> <li>• Additional Test: Fasting Blood Sugar, Lipid Profile, Blood Uric Acid</li> </ul>	SB Corporation in coordination with MediCard	137