

PRE-ENROLLMENT HEALTH ASSESSMENT (PEHA)

All newly admitted (UPCAT, graduate/post-graduate, VAAS, AA, Iskolar ng Bayan, 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)*

STEP 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 IN CAPITAL LETTERS**.* Paste your colored 2"x2" or passport-size photo taken within the last three months.

STEP 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/ psychiatrist allowing you to attend classes and/or stating your restrictions.

STEP 3: You are given THREE OPTIONS for [diagnostic tests](#) and physical examination:

[Option A: Diagnostic Tests AND Physical Examination at UP Health Service \(UPHS\)](#)

If you opt to have the laboratory, x-ray, and physical (with dental) examination at UPHS-Diliman, you will need **AT LEAST two days to complete the PEHA process (1-5 working days apart)**. Physical Examination will take place after the release of diagnostic test results (1-3 working days). **Both days require different appointments.**

[Option B: Diagnostic Tests at preferred facility, Physical Examination at UPHS](#)

Get the diagnostic tests done at your preferred reputable healthcare facility then book an appointment for physical (and dental) examination at UPHS-Diliman.

Please note that for Options A and B, UPHS examining physician will only accept results that are:

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

Dental Examination will be postponed for students with respiratory symptoms. They may only be issued a PROVISIONAL MEDICAL CERTIFICATE FOR ADMISSION.

[Option C: Diagnostic Tests AND Physical Examination at preferred facility](#)

For your convenience and to lessen transaction time at UPHS-Diliman, have your diagnostic tests and physical (including dental) examination at your preferred healthcare facility then proceed to UPHS-Diliman for **PEHA VALIDATION**².

Please note that for Option C, UPHS physicians will accept Physical Examination and diagnostic tests done LESS than six (6) months before the date of PEHA Validation.

¹**Chest X-ray (PA view) – If additional view is suggested, please have it done AND/OR if findings are not normal, it is best to get clearance from a pulmonologist before PEHA CONSULTATION/VALIDATION.**

²PEHA VALIDATION: Only those who did Option C will be allowed to WALK-IN (no appointment) Monday to Friday 8:00am-3:00pm for validation of PE, mental health screening, and issuance of Medical Certificate for Admission.

SPECIAL INSTRUCTIONS FOR:

Students Admitted through VAAS Program

Students admitted through VAAS program should follow the same PEHA process as newly admitted students. As student-athletes, **Electrocardiogram (ECG) is required** in addition to Chest X-ray, Complete Blood Count, and Urinalysis.

Cross-enrollees from Other UP Campuses

Cross-registrants from other UP units must download and answer pages 1-5 of the PEHA forms and present a MEDICAL CERTIFICATE (issued within the last 6 months) by the health service of their home campus. Otherwise, follow the same steps as newly admitted students (PEHA Steps 1 to 3).

Cross-enrollees from Other Schools/Universities

Cross-registrants from other schools or universities must follow the same steps as newly admitted students (PEHA Steps 1 to 3).

Students Admitted to Fully Online Programs/ Remote Learning Set-up

Students who will be enrolled in fully online/ remote learning programs **must present an endorsement from their college stating that they will be attending their classes remotely and for how long**. They will proceed with Steps 1 to 3 (Option C) then submit their PEHA requirements through email. A **PROVISIONAL MEDICAL CERTIFICATE FOR ADMISSION** will be issued.

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