

2017 Health and Wellness Programs

PSALM is committed to ensuring a safe and healthy working environment for all its employees, outside contractors and visitors within the provisions of relevant local legislation or regulations, and best practice guidelines espoused by national health and safety authorities. The Corporation ensures that its employees are well-informed of these policies and practices to maintain a healthy, safe and enjoyable environment.

Programs	No. of Recipients	Date of Implementation
Administration of Vaccines a. Influenza b. Pneumococcal	255	13-14 July 2017
Distribution of Vitamins a. Multivitamins b. Vitamin C c. Vitamin B Complex	255	02 August 2017
Annual Physical Examination a. Basic APE Package b. Comprehensive Blood Chemistry/Metabolic c. Hepatitis B Profile d. Tumor Markers e. Comprehensive Eye Examination f. Ears, Nose and Throat Examination g. Dental Check-up h. Pulmonary Function Test i. Whole Abdominal Ultrasound j. Electrocardiogram k. 2D Echocardiogram with Colored Doppler l. Breast Ultrasound m. Pap Smear Additional examinations for personnel who are 40 years of age and above: a. Carotid Ultrasound with Colored Doppler b. Mammogram c. Transvaginal Ultrasound d. Prostate Ultrasound e. Digital Rectal Examination	157	19 December 2017 to 26 January 2018



Creation of Basketball and Volleyball Team		
a. Men's Junior Basketball Team	15	22 May 2017
b. Men's Senior Basketball Team	15	
c. Women's Volleyball	15	02 June 2017
CSC Fun Run	23	03 September 2017