

LIGHT RAIL TRANSIT AUTHORITY
ADMINISTRATIVE DEPARTMENT - HRM DIVISION

HEALTH AND WELLNESS PROGRAM CY 2025-2029

NO.	PROGRAMS/ PROJECTS/ ACTIVITIES (PPA)	DETAILS	LEGAL REFERENCES						FUNDING SOURCE	REMARKS
				CY 2025	CY 2026	CY 2027	CY 2028	CY 2029		
1	PHYSICAL FITNESS, SPORTS AND RECREATION	ZUMBA / YOGA / PILATES / JAZZ DANCING	MC No. 8, s. 2011 MC No. 21, s. 2009 MC No. 4, s. 2020 MC No. 38, s. 1992							CSC MC # 38 SERIES OF 1992; ONE HOUR A WEEK OR 20 MINUTES A DAY
		SPORTSFEST / RECREATIONAL GAMES	MC No. 21, s. 2009 MC No. 4, s. 2020						CULTURAL AND ATHLETICS PROGRAM	ANNUAL ACTIVITY (SUBJECT TO APPROVAL OF ADMINISTRATOR AND AVAILABILITY OF FUNDS) C/O SPECIAL EVENTS COMMITTEE
		INTER-AGENCY SPORTS COMPETITION i.e. GOCC ATHLETIC ASSOCIATION, INC (FORMERLY GCAA)	MC No. 21, s. 2009 MC No. 4, s. 2020						CULTURAL AND ATHLETICS PROGRAM	ANNUAL ACTIVITY; REFER TO THE ATTACHED COST PROJECTION, ANNEX A <i>Collaboration with Philippine Sports Commission</i>
		ESTABLISHMENT OF GYM (CONSTRUCTION MATERIALS, ETC.)	MC No. 8, s. 2011 MC No. 21, s. 2009 MC No. 4, s. 2020 Proclamation 1096, s. 1973							ESTABLISHING GYM FOR ALL CONCERNED LRTA EMPLOYEES AND PERSONNEL
		PROVISION OF GYM EQUIPMENT AND MATERIALS	MC No. 8, s. 2011 MC No. 21, s. 2009 MC No. 4, s. 2020 Proclamation 1096, s. 1973							PROVISION OF GYM EQUIPMENT AND MATERIALS FOR ALL CONCERNED LRTA EMPLOYEES AND PERSONNEL
2	PHYSICAL-MEDICAL HEALTH PROGRAMS	EYE VISION CHECKING / OPTICAL SERVICES / HEARING TESTS / MUSCULOSKELETAL EVALUATION / DENTAL HEALTH / APE	MC No. 33, s. 1997							TO COORDINATE WITH GOVERNMENT HOSPITALS/PRIVATE MEDICAL INSTITUTIONS OFFERING FREE SERVICES
		CONTINUING TRAINING ON FIRST AID AND BASIC LIFE SUPPORT FOR ALL LRTA EMPLOYEES ESPECIALLY FRONTLINERS	MC No. 33, s. 1997						APPROVED LEARNING AND DEVELOPMENT PROGRAM	ANNUAL ACTIVITY
		LECTURES ON SPECIFIC RELEVANT HEALTH ISSUES/TOPICS (QUIT SMOKING AND EXCESSIVE DRINKING, IMPORTANCE OF HEALTHY DIET)	JMC No. 1, s. 2020 MC No. 7, s. 1999 MC No. 21, s. 2009						APPROVED LEARNING AND DEVELOPMENT PROGRAM	ANNUAL ACTIVITY
		RANDOM DRUG TESTING	MC No. 5, s. 2019						MAY BE ADMINISTERED BY DOH ACCREDITED CENTER/FACILITY AT LEAST EVERY 2 YEARS OR AS THE NEED ARISES AS PER INSTRUCTION OF THE ADMINISTRATOR	

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2	PHYSICAL-MEDICAL HEALTH PROGRAMS	ANTIGEN TESTING SHALL BE PROVIDED/ADMINISTERED (IF AVAILABLE), SUBJECT TO APPROVED PROCEDURE ON THE PROVISION AND ADMINISTRATION OF ANTIGEN TEST KIT TO LRТА EMPLOYEES AND PERSONNEL SUCH AS BUT NOT LIMITED TO SENIOR CITIZEN, EMPLOYEES WITH COMORBIDITIES, EMPLOYEES AND PERSONNEL FOR DEPLOYMENT AND THOSE ATTENDING MASS ACTIVITIES OF LRТА E.G. EMPLOYEE RELATIONS ACTIVITY, SPORTSFEST, ETC.							N.A	PROCEDURE (2023.PR.HRD.007) PROVISION AND ADMINISTRATION OF ANTIGEN TEST TO LRТА EMPLOYEES	
		VACCINATION INITIATIVES FOR CURRENT MEDICAL CONDITIONS AND OTHER PREVENTABLE ILLNESSES AS PER DEMAND BASIS (E.G., FLU VACCINE, HPV VACCINE, HEPATITIS B, ETC.)	JMC No. 1, s. 2020								COORDINATE WITH GOVERNMENT HOSPITALS AND AGENCIES OFFERING FREE SERVICES WITH PRIOR CENSUS REGISTRATION
		ORIENTATION AND ADOPTION OF POLICES ISSUED BY DOH ON THE FOLLOWING MEDICAL CONDITIONS IN THE WORKPLACE: * CARDIOVASCULAR DISEASES (HYPERTENSION AND HIGH BLOOD PRESSURE) * RESPIRATORY CONDITIONS (TUBERCULOSIS) * DIABETES * SMOKING RELATED ILLNESS * HIV-AIDS * OTHER COMMON MEDICAL CONDITIONS (VISION AND HEARING IMPAIRMENTS)	JMC No. 1, s. 2020							N.A	COORDINATE WITH DOH AND OTHER ACCREDITED HOSPITALS AND FACILITIES <i>Partnership with Department of Health</i> <i>* Disease Prevention and Health Promotion</i>
			JMC No. 1, s. 2020								
			JMC No. 1, s. 2020								
			JMC No. 1, s. 2020								
			JMC No. 1, s. 2020								
			JMC No. 11, s. 2013								
			JMC No. 1, s. 2020								

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5	MENTAL HEALTH PROGRAMS	INTEGRATION AND PROMOTION OF MENTAL HEALTH PROGRAM IN THE WORKPLACE	MC No. 4, s. 2020							MENTAL HEALTH PROGRAM FOR APPROVAL OF ADMINISTRATOR <i>Collaboration with National Center for Mental Health</i>
		HIRING OF CLINICAL PSYCHOLOGIST / GUIDANCE COUNSELOR / RECOMMENDATION TO NATIONAL CENTER FOR MENTAL HEALTH IF THERE WILL BE FINDINGS	MC No. 4, s. 2020							CONTRACT OF SERVICE
		VALUES REITERATION AND PSYCHOLOGICAL AWARENESS SEMINARS FOR MANAGEMENT AND RANK AND FILE PERSONNEL (Breaking the Stigma about Mental Health)	MC No. 4, s. 2020						APPROVED LEARNING AND DEVELOPMENT PROGRAM	
		CAPACITY-BUILDING FOR MENTAL HEALTH PROGRAM ADMINISTRATORS IN THE AGENCY	MC No. 4, s. 2020						APPROVED LEARNING AND DEVELOPMENT PROGRAM	
		EDUCATION CAMPAIGN, LECTURE/SEMINAR ON MENTAL HEALTH WELL-BEING AND OTHER RELEVANT HEALTH ISSUES (Coping with Anxiety, Stress Management, Beating Depression, etc.)	MC No. 4, s. 2020						APPROVED LEARNING AND DEVELOPMENT PROGRAM	
		LECTURE-DEMONSTRATION ON MIND RELAXATION AND SOUL-SEARCHING AND SPIRITUAL UPLIFTMENT (Connecting with Nature, Encourage Reflection, Journaling/Painting/Drawing/Retreats)	MC No. 4, s. 2020 MC No. 38, s. 1992							
		CONFIDENTIAL DATABASE OF EMPLOYEES WITH MENTAL HEALTH CONDITIONS	MC No. 4, s. 2020							MEDICAL SERVICES/HRMD
		HOTLINES FOR MENTAL HEALTH INTERVENTIONS	MC No. 4, s. 2020							

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6	OTHER PROGRAM / PROJECTS	1. ACQUISITION OF TWO (2) AMBULANCE	MC No. 33, s. 1997							under CY 2024 COB
		2. UPGRADING OF THE MEDICAL INSTRUMENTS AND EQUIPMENT OF THE FIVE (5) CLINICS TO BE RENOVATED.	MC No. 33, s. 1997 MC No. 12, s. 2009						COB	under CY 2024 COB
		3. SETTING UP OF ARRANGEMENT WITH GOVERNMENT HOSPITALS FOR PASSENGER ACCIDENT VICTIMS	JMC No. 1, s. 2020							MEMORANDUM OF AGREEMENT (MOA) PREPARATION
		4. FINANCIAL COACHING / INFORMATION SESSIONS ON HEALTH INSURANCE BENEFITS	JMC No. 1, s. 2020							Collaboration with PhilHealth
		5. OCCUPATIONAL HEALTH AND SAFETY	JMC No. 1, s. 2020							Collaboration with Department of Labor and Employment • Work-Life Balance • Workplace Ergonomics
TOTAL										


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