

# 2023 Systemwide Blood Donation Activity

5 SSS Performance Management and Employee Relations Department  
To: All SSS Office365 Users



## REMINDERS for the BLOOD DONORS



### BEFORE

- Rest and sleep at least 5 to 6 hours
- No alcohol intake for at least 24 hours
- Eat something healthy, Avoid fatty foods
- Drink plenty of fluid like water or juice
- No medication for at least 24 hours

### DURING

- Wash hands with Soap and Water
- Wear Face Mask
- Bring your own Boli pen
- Sanitize hands and footwear
- Observe physical distancing
- For previous PRC Donors, bring your Blood Donor's Card

### AFTER

- Eat healthy foods
- Do not exercise
- Drink plenty of fluid like water or juice
- Refrain from strenuous activities
- Apply hot or cold compress to punctured site if swelling
- Avoid lifting heavy objects using the punctured arm

Be a Hero, Save a Life!

**2023 Philippine Red Cross (PRC) Membership Drive**

SSS Performance Management and Employee Relations Department <PMERD@sss.gov.ph>

Wed 18/10/2023 5:28 PM

To: All SSS Office365 Users <allusers@sss.gov.ph>

1 attachments (162 KB)

2023 PRC Membership Drive Memo to All Employees.pdf

Dear All,

Mabuting Araw!

In connection with the **2023 Philippine Red Cross (PRC) Membership Drive**, please refer to the attached memorandum and link for your information and guidance.

Thank you for your support.

**RICHARD C. ARESTA**  
Department Manager III

The banner features the text "2022 PHILIPPINE RED CROSS MEMBERSHIP DRIVE" in large, bold, dark red letters on the left. On the right, there are three logos: the 66th anniversary of the Philippine Red Cross, the SSS logo, and the Philippine Red Cross logo. Below the logos is a graphic of a Philippine Red Cross membership card. At the bottom of the banner is a large crowd of diverse people, with a prominent white button with a black border and yellow diagonal stripes that says "REGISTER NOW". A blue mouse cursor arrow points to the button.

A yellow button with a black border and a white mouse cursor arrow pointing to it. The text on the button reads "CLICK HERE TO APPLICATION FORM".

**Health Care Department's Immunization Activity for Employees' Dependents**

SSS Health Care Department <hcd@sss.gov.ph>

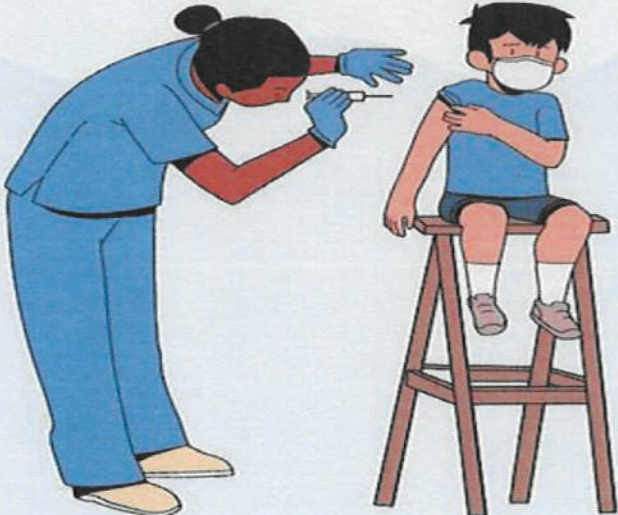
Wed 17/05/2023 8:47 AM

To: All SSS Office365 Users <allusers@sss.gov.ph>

The Health Care Department  
in coordination with the Department of Health and  
Brgy. Pinyahan Health Center will hold a one-day

# FREE VACCINATION

OF MEASLES & RUBELLA, ORAL POLIO, AND  
VITAMIN A SUPPLEMENTATION



*May 24, 2023 | 9:00 AM to 2:00 PM  
Ramon Magsaysay Hall (SSS Building)*

## FREE MAMMOGRAM Program in Partnership with Kasuso Foundation

SSS Health Care Department <hcd@sss.gov.ph>

Thu 07/12/2023 2:38 PM

To: All SSS Office365 Users <allusers@sss.gov.ph>

2 attachments (27 KB)

Accredited Facilities of KASUSO FOUNDATION.docx; List of Employees for FREE MAMMOGRAM template.docx;

Mabuting araw!

The **Medical Services Division**, particularly the **Health Care Department (HCD)** has partnered with the **Philippine Foundation for Breast Care Inc. aka "Kasuso Foundation"** for the availment of their **"Free Mammogram"** program. **Rank and file women employees, 40 years old and above** are entitled to avail of the free Mammogram. Currently, the Kasuso Foundation has accredited several facilities in limited areas (please see attached table). However, all those who are qualified and located far off from the accredited facility, but willing to travel all the way to the facility are encouraged to sign-up.

In line with this, may we request the assistance of the Medical Specialists and the Administrative Section of each department/office and branch to provide us with a list of the qualified employees who are willing to avail of the Free Mammogram. Kindly include the **complete name of the employee, branch/office, email address, and contact number**, then transmit the list to Dr. Beverly Mendoza (mendozabg@sss.gov.ph) using the attached template. The assigned navigators/contact person per area from the Kasuso Foundation will call the qualified employees for interview and scheduling of mammogram to their accredited facilities.

For the Medical Specialists, kindly provide the qualified employee with a *prescription request for mammogram* as per requirement by the facility prior to mammogram. If there are no Medical Specialist/s in the branch/office/department, kindly inform HCD so we can provide you with the prescription request. The employees shall provide the Health Care Department (hcd@sss.gov.ph) and Dr. Beverly Mendoza (mendozabg@sss.gov.ph) with a copy of their result. You may contact/email Dr. Beverly Mendoza for any queries or clarifications. Attached are the List of employee's template and Kasuso Foundation accredited facilities.

Thank you very much for your usual support.

Health Care Department  
8709-7198 local 6056