



Republic of the Philippines
Department of Education
REGION I



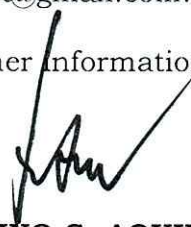
JAN 15 2024

REGIONAL MEMORANDUM
No. 0054, s. 2024

#Nag 4MKNB? A PHILHEALTH REEL-MAKING COMPETITION

To: Schools Division Superintendents

1. In line with the commitment to promote health awareness and education, the PhilHealth Regional Office I is pleased to announce the "#Nag4MKNB? A PhilHealth Reel-Making Competition." This competition is open to Grade 8 students nationwide, in preparation for PhilHealth's 29th Anniversary.
2. Objectives of the Activity:
 - a. Foster creative means to raise awareness about health.;
 - b. Increase understanding of Universal Health Care (UHC); and
 - c. Encourage active participation in the National Health Insurance Program (NHIP).
3. This initiative is aligned with the recent integration of the NHIP into the Grade 8 curriculum under the topic "Health Information, Products, Services, and Providers," previously covered in Grade 10. The adjustment aims to ensure that learners develop a deeper understanding of healthcare providers and services at an earlier stage in their academic journey.
4. For inquiries or additional information, contact the Acting Membership Head, Ms. Rowena P. Robosa, at (075) 515-1111 local 4136 or through email at membershipsectionpro1@gmail.com or the Public Affairs Unit Head, Mr. Joseph A. Manuel, at 09667609484 or through email at pro1publicaffairsunit@gmail.com.
5. Attached are the contest guidelines and mechanics for further information.
6. Immediate dissemination of this Memorandum is desired.


TOLENTINO G. AQUINO
Regional Director

Incls: As stated

To be indicated in the PERPETUAL INDEX
under the following subjects:

CONTESTS
HEALTH EDUCATION
LEARNERS

ESSD/dcn/RM_Nag4MKNB
July 12, 2024



Republic of the Philippines
PHILIPPINE HEALTH INSURANCE CORPORATION
PhilHealth Regional Office I
Akia Building, Old De Venecia Highway Dagupan City, Pangasinan
(075) 515-1111; (075) 5230647 (fax) www.philhealth.gov.ph
PhilHealthIlocos1Region teamphilhealth

January 10, 2024

TOLENTINO G. AQUINO
Regional Director
Department of Education – Regional Office I
San Fernando City, La Union



Dear **Director Aquino**:

Warm greetings from PhilHealth Regional Office I!

The Philippine Health Insurance Corporation (PhilHealth) as an esteemed healthcare organization promoting the National Health Insurance Program (NHIP) has always been at the forefront of promoting public health awareness and education, and leading government agency in the Philippines responsible for providing affordable and accessible health insurance to all Filipinos.

As part of our ongoing efforts to raise awareness about health through creative means and in preparation of our 29th Anniversary, PhilHealth will be organizing a contest to showcase the talent and creativity of students across the nation.

The “**#Nag 4MKNB? A PhilHealth Reel-Making Competition**”, a PhilHealth reel-making competition to be participated in by Grade 8 students nationwide, aims to help raise awareness on the Universal Health Care (UHC) and encourage active participation in the National Health Insurance Program (NHIP).

This is in consonance with the inclusion of the NHIP in the Grade 8 curriculum under the topic “Health Information, Products, Services, and Providers” which was previously covered in Grade 10. The change is to ensure that learners develop a deeper understanding on health care providers and services at an earlier stage in their academic journey. As such, students will have a greater opportunity to grasp the core concepts and principles related to health care, thus preparing them to more advanced studies in the field.

The participants from the Academe shall express their understanding on the NHIP under the context of UHC through a video presentation showcasing the students' creativity and craftsmanship. Demonstrate the **4M** steps (**M**agparehistro, **M**agbayad ng kontribusyon, **M**ag-update ng record, **M**ag-claimngbenepisyo), the video entry must deliver the information on either one of the 4Ms or a combination of all. By harnessing the creativity and talent of our nation's youth, this contest will not only provide them with an opportunity to showcase their artistic skills but also raise awareness about the benefits of the NHIP to the wider community.



DepEd RO1 R E C 2 3 1 6 4 6 9

As an important stakeholder in the field of education, the Department of Education (DepEd) plays a crucial role in shaping our students' future. Consequently, we would like to request your support in advocating and promoting this activity.

By supporting the "#Nag 4MKNB? A PhilHealth Reel-Making Competition", DepEd not only contributes to the success of this initiative but will also inspire the youth to actively engage in matters related to public health.


We would appreciate if we could set a meeting with you at your most convenient time to discuss the details of the said activity. Attached to this letter are the contest guidelines for your information and dissemination in your community.

Should you have any questions or need additional information, please do not hesitate to contact our Acting Membership Head MS. ROWENA P. ROBOSA at (075)515-1111 local 4136 or through email at membershipsectionpro1@gmail.com or our Public Affairs Unit Head MR. JOSEPH A. MANUEL at 09667609484 or through email at pro1publicaffairsunit@gmail.com.

We look forward to the enthusiastic participation of our students and thank you for your unwavering support and cooperation.

Very truly yours,

DENNIS B. ADRE
Regional Vice President

By:  **MARKAR M. ARZADOR, M.D.**
MO VII / Chief, MCDMD
DIC- DRUP
JAN 10 2024

#NAG4MKNB?

A PhilHealth Reel-Making Contest

REELease
your
creativity!

Make a reel on PhilHealth
and win awesome prizes!



CALLBACK CHANNEL: 0917-8987442

I-text ang "PHIC callback <space> mobile number o Metro Manila landline ninyo <space> tanong o concern"

✉ actioncenter@philhealth.gov.ph 🌐 www.philhealth.gov.ph 📺 PhilHealthOfficial 📷 teamphilhealth



#NAG4MKNB?

A PhilHealth Reel-Making Contest

WHO CAN JOIN?

- All currently enrolled **Grade 8 students from private or public schools**, who must be accompanied by at least 1 teacher (with minimum exposure or participation in the video).
- There shall only be **1 ENTRY per school**.

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#NAG4MKNB?

A PhilHealth Reel-Making Contest

CONTEST MECHANICS

1. The PhilHealth reel-making competition is open to all currently enrolled Grade 8 students together with their teachers from private or public educational institutions;
2. Create a video (live) about the Universal Health Care (UHC) 4M steps (Magparehistro, Magbayad ng kontribusyon, Mag-update ng record, Magclaim ng benepisyo);
3. The duration of the video entry must limit to ONE (1) MINUTE only;
4. The video entry must deliver the information on either one of the 4Ms or a combination of all;
5. There should only be ONE (1) ENTRY per school/campus;
6. Each contestant must be accompanied by at least one (1) teacher (with minimum exposure or participation);
7. Contestants may use mobile phone, DSLR or mirrorless camera; videos may contain images/graphics/animation, subtitles/text, voice over, music, which are royalty-free or must not contain copyrighted artwork;
8. The entry's video resolution shall be at least 1920 x 1080p or Full HD or higher;
9. The entry may be in English, Tagalog, Taglish or in the local dialect;

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#NAG4MKNB?

A PhilHealth Reel-Making Contest

CONTEST MECHANICS

10. Contestants may wear the school uniform in the video or any proper/age-appropriate clothing;
11. Each entry must be an original idea by the contestant;
12. A link shall be available to view and print the Contest Mechanics (to be presented to the child's parent) and the Parental and School Administration Consent (to be filled out by the student, students' parent, teacher and school head); the same link shall also provide the 4M video presentation materials for reference;

13. All qualified video entries shall become the property of PhilHealth;

14. Winner selection shall be based on the following criteria:

Theme relevance	40%
Story concept	30%
Execution	25%
Viewer's reaction	5%
Total	100%

15. Judges' decision is final;

16. Prizes and plaques for all winners.

First Place	Php 15,000
Second Place	Php 10,000
Third Place	Php 5,000

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 actioncenter@philhealth.gov.ph  www.philhealth.gov.ph  PhilHealthOfficial   [teamphilhealth](#)



MAG-CLAIM NG BENEPISYO

Ang lahat ng Filipino ay ginagamitiyahan na agarang makakagamit ng mga benepisyo pangkalusugan (immediate eligibility) sa kanilang PhilHealth benefits.

Kung rehistrado na, kailangan lamang na maipagbigay-alam ang PhilHealth Identification Number (FIN) ng miyembro kasama ang valid ID sa billing o PhilHealth section ng ospital para maliyak ang pagkakakilanlan ng miyembro. Magarap ring mag-download ng kopya ng MDR sa PhilHealth Member Portal o mag-request ng kopya sa alinmang PhilHealth offices o PhilHealth Express.

Kahit hindi rehistrado, pwede pa rin maka-avail ng benefits. Kailangan lamang na makapagrehistro bago lumabas sa ospital. Kung anak, asawa, o magulang ang pasyente, kailangang maideklarang dependent sa PhilHealth records ng miyembro.

Sa isang taon, may coverage na 45 araw na pagpapas-ospital ang isang miyembro at hiwalay na 45 araw na paghahatiang ng kanyang qualified dependents.

PARA SA CONFINEMENT ABROAD

Ang halaga na ireimburse ng PhilHealth para sa confinements abroad ay katumbas ng benepisyoang maaring makuha para sa local confinements. Ang reimbursement check ay ipapadala sa address ng miyembro dito sa Pilipinas.

Isunrite ang mga sumusunod sa alinmang PhilHealth office sa Pilipinas sa loob ng 180 days pagkalabas ng ospital:

1. Statement of Account
2. Kopya ng Medical Certificate (nakasalin sa wikang Ingles) kung saan nakasaad ang final diagnosis, confinement period at services rendered
3. Official Receipts ng mga binayaran sa ospital/doktor

4. Kumpleting napunan na PhilHealth Claim Form 1 na maaring madownload sa https://www.philhealth.gov.ph/downloads/claim/ClaimForm_092018.pdf
5. Kopya ng official receipts o anumang praweba ng pagbabayad ng PhilHealth contributions

Ipa-courier o ipadala sa kamag-anak ang mga dokumento para maisumite sa alinmang tanggapan ng PhilHealth o i-email sa osp@philhealth.gov.ph; kailangan lamang na naka-Certified True Copy o pimdado ang bawat pahina ng mga dokumento.

Ang mga benepisyo ay babayaran ng PhilHealth sa pamamagitan ng Case Rate kung saan ang bawat karagdagan o operasyon ay may nakatalagang halaga. Para sa karagdagang impormasyon, lumapit lamang sa nakatalagang PhilHealth CARES sa ospital.

MAGSEGURO! MAG ZINA NA!

Magparehistro

Magbayad ng Kontribusyon

Mag-update ng Record

Mag-claim ng Benepisyo

CALLBACK CHANNEL : 0917-8987442

I-Text ang "PHIC" callback <space> mobile number o Alena Manilla
I-send me ninyo <space> name, o contact"

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MAGPAREHISTRO

Ayon sa Universal Health Care (UHC) Law, ang lahat ng Filipino ay awtomatikong miyembro ng PhilHealth ngunit kailangan pa ring magparehistro para mabigyan ng PhilHealth Identification Number (PIN).

PAANO MAGPAREHISTRO?

1. Punan nang tama at kumpleto ang PhilHealth Member Registration Form o PMRF na maaaring i-download sa https://www.philhealth.gov.ph/downloads/membership/pmrf_012020.pdf.
2. Ipadala ang PMRF (pdf o jpeg format) sa actioncenter@philhealth.gov.ph kalakip ang scanned copy o litrato ng valid identification (ID) card, at iba pang supporting documents. Gamitin ang "Subject" na ito sa email: **Register<space>Name<space>City/Province, Region**.
3. Matatanggap ang PIN sa email address na isinulat sa PMRF.

Maaari ring magtungo at isumite ang mga ito sa pinakamalapit na PhilHealth Local Health Insurance Office (LHIO) o PhilHealth Express, Para sa listahan at lokasyon ng aming mga opisina, bisitahin ang www.philhealth.gov.ph. Magdala lamang ng isang (1) valid ID at dokumentong magpapatunay ng relasyon sa idedeklarang dependents.

Kategoriya Iba pang requirements

Direct Contributor	<ul style="list-style-type: none"> • Proof of income • Senior Citizen's ID o valid ID • 1x1 ID pictures (2 copies) • Authorization letter at valid ID kung representative ang magproseso
Senior Citizen	<ul style="list-style-type: none"> • Certificate of Retirement mula sa SSS o GSIS • Kalibayang naka-120 buwang-kontribusyon

Indigent, APs, Sangguniang Kabataan Officials: Ang kinaukulang National Government Agency ang magproseso ng listahan ng mga beneficiaryo sa PhilHealth para sila ay marehistro.

Ang mga walang kakayahang magbayad ay maaaring magparehistro sa tulong ng government-accredited health care provider kung kwalipikado sa Point of Service.

Persons with Disability (PWD): Magparehistro sa Philippine Registry for Persons with Disability (PRPWD) sa tulong ng Persons with Disability Affairs Office (PDAO) o Social Welfare Development Office.

MAGBAYAD NG KONTRIBUSYON

Mahataga na ang bawat miyembro ay regular na nagbabayad ng kontribusyon upang mapanatili ang kataagan ng National Health Insurance Program at lalo pang mapagbuti at mapalawak ang mga benepisyo.

Ayon sa Universal Health Care (UHC) Law, ang mga natakotwang kontribusyon ay kailangang bayaran na may interes (compounded monthly).

Maaaring magbayad sa PhilHealth office o sa mga PhilHealth-accredited collecting agents tulad ng Banko, Bayad Center, at iba pa.

Kung ikaw ay Self-Paying member, maaari pang magbayad online gamit ang GCash, Maya o debit/credit card. Kailangan lamang mag-register sa PhilHealth Member Portal na makikita sa <https://members.inquiry.philhealth.gov.ph/members/> at siguraduhing updated ang impormasyon hinggil sa monthly income upang magamit ang Portal sa pagbabayad.

Ang National Government ang magbabayad para sa PhilHealth contribution ng mga Indirect Contributors.

Premium Contributions na dapat bayaran ng Direct Contributors:

Year	Premium Rate	Income Floor	Minimum Monthly Contribution	Income Ceiling	Maximum Monthly Contribution ²
2022	4.00%	P10,000.00	P400.00	P80,000.00	P3,200.00
2023	4.50%	P10,000.00	P450.00	P90,000.00	P4,050.00
2024	5.00%	P10,000.00	P500.00	P100,000.00	P5,000.00
2025	5.00%	P10,000.00	P500.00	P100,000.00	P5,000.00

¹ Base sa income floor
² Base sa income ceiling

MAG-UPDATE NG RECORD

Siguraduhing iaging updated ang membership record.

Maaaring makita ang inyong membership record sa PhilHealth Member Portal. Kailangang mag-update ng monthly income dahil dito nakabase kung magkano ang premium contribution na dapat bayaran kada buwan.

Kung mayroong kailangang itama, baguhing impormasyon, idagdag na dependent, o i-update ang buwangang kita:

1. Punan nang tama at kumpleto ang PhilHealth Member Registration Form o PMRF na maaaring ma-download mula sa https://www.philhealth.gov.ph/downloads/membership/pmrf_012020.pdf.
2. Huwag kalimutang lagyan ng tsek (✓) ang "UPDATING/AMENDMENT" na nasa bandang kanang itaas ng PMRF.
3. Isumitesapinalkamalapin ang PhilHealth Office o e-mail ang pdf o jpeg copy ng PMRF kalakip ng scanned copy o litrato ng anumang valid ID at mga supporting documents sa actioncenter@philhealth.gov.ph. Sa pag-e-mail, gamitin ang "Subject" na ito: **PHIC MEM INCOME UPDATE<space>Name<space>Province/Region**