

# PLAWD NEWSLETTER

PLARIDEL WATER DISTRICT

PLAWD  
1987  
PLARIDEL WATER DISTRICT



## PROJECT UPDATE



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## PLAWD HMO



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## DID YOU KNOW

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## Application for New Connection

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# Installation of Glass-fused Ground Reservoir at Banga 1st

# New Connection Process

1

Ang nais magpakabit ng linya ng tubig ay dapat na pumunta sa PLAWD Customer Service Section para sa talaan ng requirements.

2

Pupunan ng customer ang Application Form, pipirmahan ang Data Privacy Consent Form at Service Connection & Construction Order.

3

Ang customer ay aattend ng seminar (approximately 45 minutes).

4

Pupuntahan ng PLAWD Inspector ang address ng customer sa loob ng 2-3 araw para masuri ang mga gagamiting materyales.

5

Ang PLAWD Customer Service Section ay tatawag o mag te-text sa customer para ipaalam kung magkano ang gagastusin sa pagpapakabit (billing materials).

6

Ang customer ay magbabayad (Payment) sa Cashier.

7

Pipirmahan ng Head of Agency ang Construction Order para maindorso sa Engineering Division.

8

Ang installation period ay 5-10 working days.

# PLARIDEL WATER DISTRICT

## HEALTH MAINTENANCE ORGANIZATION



You can use your ANEC Health Card for discounts and other benefits



for your Dental Health



Seek professional help for personalized advice and coping strategies.

# List of Accredited Service Provider in Bulacan

## HOSPITAL

1. ALLIED CARE EXPERTS (ACE) MALOLOS DOCTORS INC. CAPITOL VIEW PARK, BRGY. BULIHAN, CITY OF MALOLOS, BULACAN  
TEL NO. (044) 816-769
2. ALLIED CARE EXPERTS (ACE) MEDICAL CENTER BALIWAG LOT 2975 C-1 DOÑA REMEDIOS TRINIDAD HI-WAY PINAGBARILAN BALIWAG, BULACAN, 3006 BALIUAG, BULACAN TEL NO. 816 1000 LOC 10 MOBILE NO: 0922-2991-0143/ 0917-517- 4354
3. ALLIED CARE EXPERTS STA. MARIA MEDICAL CENTER, INC. NATIONAL ROAD CORNER SITIO BATO ROAD, BRGY. GUYONG, STA. MARIA, BULACAN MOBILE NO.: 0916-298-8559
4. BRIGINO GENERAL HOSPITAL 20 QUIRINO HIGHWAY, PECSONVILLE SUBD. CITY OF SAN JOSE DEL MONTE, BULACAN TEL NO.: (044) 815-4456; 383-6856 MOBILE NO.: 0939-924-9918
5. BOCAUE SPECIALISTS MEDICAL CENTER, INC 2834 MCARTHUR HIGHWAY, LOLOMBOY, BOCAUE, BULACAN TEL NO.: (02) 8519-4782
6. GRACE MEDICAL CENTER LOT 2.BLK 1 QUIRINO HWY EXT. SAN JOSE DEL MONTE BULACAN TEL NO.: (02) 8925-1131; (044) 769-1355 MOBILE NO.: 0945-387-4130; 0947-308-0504
7. GRACE MEMORIAL FOUNDATION HOSPITAL AND MULTISPECIALTY CLINICS 003 BOROL 2ND, ZONE I, BALAGTAS, BULACAN MOBILE NO.: 0923-736-0506
8. GRAMAN MEDICAL AND MATERNITY HOSPITAL 44 CAMIA ST. MALOLOS, BULACAN TEL. NO.: (044) 802-5871; (044) 896- 2292
9. MALOLOS SAN VICENTE HOSPITAL LUCERO ST., CANIOGAN, MALOLOS BULACAN TEL. NO.: (044) 791 5760 MOBILE NO. 0932-891-2238
10. MARCELO HOSPITAL OF BALIWAG INC 237 M. PONCE STREET BALIUAG, BULACAN TEL NO: (044) 766-4113 MOBILE NO.: 0926-045-5591
11. MARCELO-PADILLA CHILDRENS & MEDICAL HOSPITAL, CORP. PLARIDEL BANGA I, PLARIDEL BULACAN TEL NO.: (044) 795-0119; (MANILA LINE) (02) 8811-6908
12. MARILAO SAINT MICHAEL FAMILY HOSPITAL, INC. POBLACION 2 MARILAO BULACAN, 105 C SANTIAGO, MARILAO, 3019 BULACAN TEL. NO.: (044) 769-9012; 812-5500 MOBILE NO.: 0917-856-2383
13. MARYMOUNT HOSPITAL, INC CP ORIENTE BLDG., BRGY. CAMALIG, MEYCAUAYAN, BULACAN TEL NO.: (044) 661-1046 MOBILE NO.: 0917-117-4112; 0975-697- 3545
14. MATEO'S DIAGNOSTIC CLINIC & GENERAL HOSPITAL INC #60 BAGBAGUIN, STA. MARIA, BULACAN MOBILE NO.: 0932-510-2452; 0942-316- 6175
5. MENDOZA GENERAL HOSPITAL, INC. A. MORALES ST., POBLACION, STA. MARIA, BULACAN TEL. # (044) 792-1370 MOBILE NO.: 0917-123-4872; 0995-230- 2499
16. MEYCAUAYAN DOCTORS HOSPITAL, INC. I.S. PAVILLION COMMERCIAL COMPLEX, KM 18 BANGA MEYCAUAYAN CITY, BULACAN TEL. NO.: (044) 896-4546; 769-6450 MOBILE NO: 0977-847-3675; 0922-895-5937
17. NAZARENUS COLLEGE AND HOSPITAL FOUNDATION, INC. 133 MC ARTHUR HI-WAY, SALUYSOY MEYCAUAYAN, BULACAN TEL NO.: (044) 711-5429 TEL. FAX: (044) 815-4670 MANILA LINE: 299-6817
18. R. DE C. GALVEZ MEDICAL CENTER CAGAYAN VALLEY RD., SAN JUAN, SAN ILDEFONSO, BULACAN TEL. NO.: (044) 797-0510 MOBILE NO.: 09175802017
19. ROMEL CRUZ HOSPITAL BARANGAY MATIMBO ROAD, MALOLOS BULACAN TEL. NO.: (044) 791-3025
20. SACRED HEART HOSPITAL OF MALOLOS, INC DR. PERALTA ST. GUINHAWA SUBDIVISION, GUINHAWA, MALOLOS CITY, BULACAN TEL NO. (044) 794-4744

**21. SAN JOSE DEL MONTE – MUZON MEDICAL CENTER 122 CARRIEDO ST., MUZON, CITY OF SAN JOSE DEL MONTE, BULACAN MOBILE NO.: 0917-132-4140**

**22. ST. PAUL HOSPITAL BULACAN, INC 187 J.P. RIZAL STREET, BIÑANG 2ND, BOCAUE, BULACAN TEL NO.: (044) 794-1955; (044) 794-1949 (HMO DIRECT LINE) MOBILE NO.: 0922-789-9284**

**23. UNITED BALAGTAS DOCTORS HOSPITAL BRGY. WAWA, BALAGTAS, BULACAN TEL NO: (044) 693-2992 MOBILE NO.: 0925-703-1331**

# **CLINIC**

**1. A2GV MEDICAL AND DIAGNOSTIC CENTER NO. 2 YEN ST. COR DOLLAR ST. ST MICHAEL HOMES, BRGY PANDAYAN MEYCAUAYAN CITY BULACAN TEL. NO.: (044) 323-9054 MOBILE NO.: 0956-690-9002**

**7. COMCARE DIAGNOSTIC AND MEDICAL CLINIC #5 HULO LOMA DE GATO, MARILAO, BULACAN TEL NO. (044) 913-6871 MOBILE NO. 0977-801-5971; 0961-792 3593**

**12. HEALTH CITY LABORATORY AND DIAGNOSTIC CENTER 39 JP RIZAL STREET, POBLACION, STA. MARIA, BULACAN TEL NO.: (044) 240-0116**

**2. BHC PRIME LABORATORY CORP BLK 6C 3B BLAS OPLE RD. BRGY. BULIHAN, MALOLOS CITY, BULACAN TEL NO.: (044) 792-7533 MOBILE.: 0919-645-4281; 0916-374 0691**

**8. D FAMILYCARE CLINIC INC G/F UMEREZ BUILDING, QUIRINO HIGHWAY, TUNGKONG MANGGA, CITY OF SAN JOSE DEL MONTE, BULACAN MOBILE NO.: 0923-813-4935**

**13. HI-PRECISION DIAGNOSTICS G/F LS-135 BALAGTAS TOWN CENTER MAC ARTHUR HIGHWAY, BOROL 1ST, BALAGTAS, BULACAN MOBILE NO. 0920-938-2670**

**3. BRITON – AMEER DIAGNOSTIC LABORATORY A MABINI ST. MOJON, MALOLOS CITY, BULACAN TEL. NO.: (044) 791-7339**

**9. D GRACE MEDICAL CLINIC AND SERVICES, INC. 2ND FLOOR, UPTOWN MALL, 131 ZONE 2 BARANGAY MUZON, CITY OF SAN JOSE DEL MONTE, BULACAN MOBILE NO.: 0932-432-7220**

**14. HI-PRECISION DIAGNOSTICS BENIGNO S. AQUINO SR. AVE., BAGONG NAYON, BALIUAG, BULACAN TEL. NO.: (044) 766-0280; 766-0281**

**4. CAREWISE DIAGNOSTIC LABORATORY G/ F JM BLDG. MC ARTHUR HIGHWAY BOCAUE BULACAN MOBILE NO.: 0922-848-9523**

**10. EMETERIO MULTISPECIALTY MEDICAL CLINIC & LABORATORY B27 L10 PUROK 2 ROSAL STREET BRGY SAN MARTIN 1 AREA C CITY OF SAN JOSE DEL MONTE BULACAN MOBILE: 09667052969**

**15. HI-PRECISION DIAGNOSTICS LOT 31 & 33 PECSONVILLE SUBD., QUIRINO HIGHWAY, TUNGKONG MANGGA, CITY OF SAN JOSE DEL MONTE, BULACAN MOBILE NO.: 0917-847-1522; 0977-600 0168; 0920-977-3474**

**5. CENTRALLE MEDICAL DIAGNOSTICS AND POLYCLINIC 355 POBLACION MC ARTHUR HI WAY, WAWA, BALAGTAS, BULACAN TEL NO: (044) 693-5488 NOTE: LABORATORY PROCEDURE ONLY**

**11. GLOBAL MULTISPECIALTY HEALTH & WELLNESS CLINIC MAC ARTHUR HIGHWAY, BRGY. TABANG GUIGUINTO, BULACAN TEL. NO.: (044) 794-0467 MOBILE NO. 0932-284-9088 NOTE: LABORATORY PROCEDURES ONLY**

**16. HI-PRECISION DIAGNOSTICS G/F BUILDING SHELL, MCARTHUR HIGHWAY SUMAPANG MATANDA, MALOLOS CITY, BULACAN MOBILE NO.: 0933-823-1119; 0917-708 7126; 0920-912-8700**

**6. CENTRALLE MEDICAL DIAGNOSTICS AND POLYCLINIC AREA C SAN MARTIN SAMPOL 3 SAPANG PALAY, SAN JOSE DEL MONTE TEL NO: (044) 230-5119 NOTE: LABORATORY PROCEDURE ONLY**

**17. I-MED HEALTHCARE CLINIC WBC BUILDING, MCARTHUR HI-WAY, IBAYO, MARILAO, BULACAN MOBILE NO:0999-966-9595; 0918-293 3024**

# CLINIC

18. JBMA MEDICAL LABORATORY & DIAGNOSTIC CLINIC INC UNITS B21-B24 GGT CENTER, 001 NATIONAL ROAD, POBLACION, PULILAN, BULACAN TEL NO.: (044) 903-5492 MOBILE NO.: 0927-672-2391; 0962-045 1016

19. LABWORKS DIAGNOSTIC LABORATORY 353 POBLACION, BRGY WAWA BALAGTAS BULACAN TEL. NO. 0917-385-3858

20. NEW WORLD DIAGNOSTIC INC CM DE JESUS CORNER F. SANTIAGO POBLACION STA. MARIA, BULACAN TEL NO: (02) - 7901-8888; (02) 8790 - 8888

21. MONOHEALTH DIAGNOSTICS CO. UNIT P NORTHERN HILLS NATIONAL ROAD MALHACAN, MEYCAUAYAN, BULACAN MOBILE.: 0977-886-0241

22. SAMPANA CLINICAL LABORATORY PANGANIBAN STREET, POBLACION, STO. NIÑO, HAGONoy, BULACAN TEL NO: (044) 794-9875; MOBILE NO.: 0922-246-2890 NOTE: LABORATORY PROCEDURES ONLY

23. RAPID DX DIAGNOSTIC CENTER 42 DE JESUS ST. POBLACION, STA. MARIA BULACAN TEL NO: (044) 798-1523 MOBILE NO.: 09689727-43

24. S.I. DOCTORS SPECIALTY CLINIC LEVEL 1, GMC BLDG., TECSON ST. POBLACION SAN MIGUEL, BULACAN MOBILE NO.: 09209772173; 09336003454

25. SANTA ELENA DIAGNOSTIC CENTER DR. GONZALES STREET, TIBAG BALIUAG, BULACAN TEL NO.: (044) 766-4526 MOBILE NO.: 0932-7790699

26. SMC HEALTHCARE CLINIC 16 DG PLAZA, ILANG-ILANG, GUIGUINTO, BULACAN TEL. NO.: (044) 792-7887 MOBILE NO: 0932-340-3878

27. THE PRIMEWELL CITY MULTI- SPECIALTY CLINIC, INC. GROUND FLOOR, SM CITY MARILAO BULACAN TEL. NO.: (044) 913-5954 MOBILE NO: 0945-337-9517

28. THE MEDICAL CITY CLINIC - SJDM 2/F SM SAN JOSE DEL MONTE, BRGY. TUNGKONG MANGGA, CITY OF SAN JOSE DEL MONTE BULACAN TEL. NO.: 8396-9899 LOCAL 4008 MOBILE NO.: 09687726625

29. THE MEDICAL CITY CLINIC - WM STA. MARIA WALTERMART CENTER - STA. MARIA, 2ND FLOOR PROVINCIAL ROAD CORNER BYPASS ROAD STA. CLARA, STA. MARIA, BULACAN TEL. NO: (044) 919-8250 MOBILE NO.: 0926-082-7039

30. THE MEDICAL CITY CLINIC - WM MALOLOS 2ND FLOOR WALTERMART MALL MALOLOS KM45, MCARTHUR HIGHWAY BRGY. LONGOS, MALOLOS BULACAN TEL NO: 8396-9898; LOC. 6051, LOC. 6052, LOC. 6053, LOC. 6056

31. UROLOGIST OF BULACAN, INC. 5TH FLR. UROLOGIST CENTER ACE MALOLOS DOCTOR CAPITOL VIEW PARK, BULIHAN, MALOLOS, BULACAN. MOBILE NO: 0998-978-2828; 0947-994 9088



# DID YOU KNOW?

You can use your ANEC Health Card for discounts and other benefits

## Pharmacies

**Botikang Pinoy and Selected branches of The Generics Pharmacy**



## Salons

**David's Salon, Inc. and Bangs Prime Salon by Tony & Jackey, discount on selected hair services**



# IWAS SAKIT TIPS

Ang epektibong pangangalaga sa kalusugan ay susi para sa pag-iwas ng pagkalat ng mikrobyo, bacteria, virus at iba pa, na siyang sanhi ng pagkalat ng mga nakakahawang sakit. Narito ang ilan sa mga tips para makaiwas sa sakit.

**Ugaliing uminom ng maraming tubig**



**Magkaroon ng 7 to 8 oras na tulog**



**Gawing regular ang pag-eehersisyo**



**Ugaliing kumain ng prutas at gulay**



**Panatilihing malinis ang paligid**



**Ugaliin ang madalas na paghuhugas ng kamay**



# PLAWD CREATIVE TEAM

DM Justin

Bryan

Elias

