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**MARY ANN NAVARROZA**

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January 30, 2026

**JUNE KENT APOR**

Team Lead, IPLOY OPC,  
16th Floor, One Montage  
Archbishop Reyes Ave, Cebu City, 6000

Dear IPLOY OPC,

I am writing to tender my immediate resignation from my position as a Payor Change Specialist at Adapthealth, effective immediately 01/30/2026.

After careful consideration, I have come to the difficult decision that I need to prioritize my mental health and well-being. The demands of my role, combined with external stressors, have led to significant burnout and mental health concerns that require immediate attention. It is with a heavy heart that I must step away from my responsibilities at iPloy, OPC.

I want to express my sincere gratitude for the opportunities I have been given during my time with iPloy, OPC. I have learned and grown a great deal and I am thankful for the support and encouragement of my colleagues.

Thank you for your understanding and support during this challenging time. I am grateful for the understanding you've shown.

Sincerely,



**MARY ANN NAVARROZA**