

# Committed to Care

**COMMUNITY REPORT 2022** 

LyfeLabs.

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## Our Vision and Values

**OUR VISION** 

#### Empowering a Healthier You

#### **OUR PURPOSE**

To make insights accessible so that you can make choices to live your best life



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# Letter From our **President and CEO**

LifeLabs' people have earned the trust of Canadians. We strive to empower Canadians in their healthcare decisions by providing accessible, accurate, and innovative diagnostic services.

We were incredibly honoured when LifeLabs was chosen as Canada's most trusted brand in health diagnostics in a 2022 survey of 16,000 households in British Columbia and Ontario. Of course, when Canadians say they trust LifeLabs, they are really saying they trust the people who work here. I am so proud and grateful to see our team receive this outstanding recognition. It is a testament to the fact that every day, our people truly live and breathe LifeLabs' values as one caring, agile, and customer-centred team.

LifeLabs' customers most often interact with the skilled and caring teams in our Patient Services Centres. But there are many other teams working in laboratories, logistics, facilities, administration, information technology, and additional functions-who play an equally important part in providing high-quality, fast, and convenient diagnostic services. On any given day, more than 7,000 LifeLabs employees across Canada are working seamlessly together to collect specimens, deliver them to labs, perform sophisticated tests, and make the results available online while protecting the security and privacy of customer information. Meanwhile, our dedicated administrative teams are busy behind the scenes, making sure employees are well-trained, equipped

with up-to-date technology, and have efficient, well-maintained facilities to work in.

As CEO, a key part of my role is to make sure that LifeLabs, as an organization, empowers all our people. We are committed to ensuring an equitable and inclusive workplace, supporting employees' health and resilience, welcoming diversity of thoughts and ideas, and demonstrating how much we value our teams' contributions and commitment. We celebrate the fact that our people, while diverse in background, find common purpose in their passion for quality, in their incredible energy and resilience, and in their shared commitment to the health and well-being of Canadians. In this Community Report, we'll introduce you to many of these talented, adaptable individuals. You'll read about the ways our people demonstrate care for their communities, pivot with agility to deal with unexpected events and pull together as one team to provide exceptional customer service.

I know you'll be as impressed as I am.

Charles Brown



**CHARLES BROWN**, PRESIDENT & CEO

# LifeLabs People: Making Great Things Happen

At the core of our success as an organization is an extraordinary team whose tenacity, compassion, and innovation drive us forward.

Their unwavering dedication to our customers and communities is unmatched – not just in their work, but in every aspect of their lives.



#### Pursuing a **Passion for Learning**

Supporting employees who want to learn, build skills, and advance their careers is a win-win situation. While helping employees achieve their career aspirations, we are also helping to build a talent pipeline that brings people into highly skilled roles at LifeLabs.

Take employees Carrie Repay and Sascha Warren, for example. Both started their careers at LifeLabs as lab technicians, managing the preparation, storage, and disposal of specimens and the set-up of test equipment. Hungry to deepen their knowledge, they went back to school and earned their Medical Lab Technologist credentials, gaining the skills to perform diagnostic tests and report the results. Sascha and Carrie recently returned to LifeLabs to fill two critical vacancies in our Thunder Bay, Ontario lab.

"I love working in the lab," says Sascha, who started at LifeLabs eight years ago. In 2019, she entered the Medical Laboratory Technology (MLT) program at Cambrian College and completed it in 2022. "I kept hearing about the program from my sister, and it sounded so interesting," Cambrian's MLT program is a combination of classroom learning, laboratory exercises, and clinical placements that teach "medical detective skills" to analyze and interpret scientific data. Sascha's colleague Carrie, who started at LifeLabs 11 years ago, also received her MLT certificate from Cambrian College in 2022.

In both cases, their managers helped to find creative solutions that enabled them to complete their educations. "My challenge was that I live in Thunder Bay, and Cambrian is an eight-hour drive away in Sudbury," says Sascha. "It was difficult to be away from my children so much, but LifeLabs helped to make this work." LifeLabs was able to offer Sascha an eight-month practicum placement at our lab in Thunder Bay. Carrie, who started her studies at St. Lawrence College in Belleville, was able to transfer to the LifeLabs Belleville location so that she could continue to work part-time. She then transferred to Cambrian for her final year, which meant that she could return home and complete her practicum placement at Thunder Bay Regional Hospital.

"We're so delighted to welcome these employees as new MLT grads," says Mario Audet, Manager, Laboratory Operations in Thunder Bay. "They bring much-needed skills back to LifeLabs, and their future looks very bright."









### Energizing and Connecting the Team

Year after year, our employee satisfaction survey tells us that LifeLabs' people value their colleagues and the sense of teamwork they share. Teamwork is essential to delivering accurate diagnostic results and great customer service.

It is also essential to our collective resilience, as colleagues pull together and support each other in their demanding and often fast-paced work.

LifeLabs employees tend to be proactive, so it is not surprising that they frequently take the initiative to enhance and celebrate team spirit. The events they organize are as creative and varied as the people who work here.

This year, the teams in our Sudbury lab decided to organize a local employee event every month, kicking off with a "PJs and Popcorn" social. One team in Customer Care organized a "village market" event, in which each customer care specialist set up a booth offering refreshments or small gift items for 'sale' (like The Sweet Factory and the Concession Shop, pictured to the left). But instead of using cash, team members had to pay by completing a task or game. "It really got us interacting with each other in a light, fun way," says Aileen Alabado, Senior Customer Support Agent. "Laughter is a great stress reliever and laughing together brings such a positive vibe to the team."

Laughter was also the theme when the Kennedy Reference Laboratory's Microbiology team competed in a Super Mario<sup>™</sup> Laboratory Safety Challenge. Staff members dressed as Nintendo® characters and, at the sound of a bell, raced to answer lab safety questions from four different categories. "It was a great way to refresh our safety awareness and have a blast at the same time," says Jamaal Pratt, Nightshift Supervisor, Microbiology.

Meanwhile, in the Belleville lab, the focus is always on appreciation. "We have such a wonderful team here, and I wanted to make sure we don't take each other for granted," says Sabrina Joseph, Medical Lab Technologist, who initiated the idea of a Kindness Garden. "We each draw a name randomly, choose a flower picture to represent that person, and write an appreciative comment," she says. The pictures and comments are displayed in a "garden" on a prominent wall. "The garden is a constant reminder of all the positive contributions people make and how much we value each other," Sabrina says.

### Giving the Gift of Life

LifeLabs' people are known for caring passionately about the health of Canadians. In 2022, one employee demonstrated this caring in a very personal way. Lab technologist Tracy Shoemaker was browsing online news when she spotted an article about someone needing a kidney donor with a rare blood type.

"Of course, that caught my eye," Tracy says, "I'm a lab tech, after all!" She also guickly realized that she had the rare blood type required. "That got me thinking," she says.

After researching the devastating effects of kidney disease and learning how few living donors have rare blood types, she decided to sign on as an anonymous donor through the National Kidney Paired Donation (KPD) program.

This program finds kidneys for patients who have a friend or family member willing to become a donor. "Often people want to donate to a loved one but aren't a close enough match," Tracy explains. Under the KPD program, they donate to an anonymous recipient, and in exchange, their loved one also receives a transplant when a match is found. Sometimes, a chain of organ

exchanges results in multiple transplants at the same time. Tracy enrolled in the program as a "non-directed anonymous donor" - a donor who is not paired with a transplant candidate. Non-directed donors greatly expand the potential for finding a match.

After extensive testing, Tracy, who works in the Surrey, BC, laboratory, became part of a life-giving chain of kidney transplants. "It was a team effort," she says, that required a lot of support from her family, her manager, and her co-workers, who covered for her during the eight weeks she was off work.

"My faith in the human spirit, which got a bit worn down with the pandemic, has been restored," Tracy says. "Every healthcare professional I encountered, many of whom were LifeLabs employees, was patient and kind."



Stronger Together

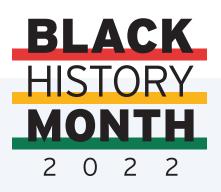
As a multicultural, diverse team of hard-working, caring people, LifeLabs' employee community is quintessentially Canadian.

We celebrate and learn from each other through awareness and education campaigns, social events, and employee recognition.

LIFELABS COMMUNITY REPOR

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# Empowering and Celebrating **Each Other**



#### Black History Month (BHM)

LifeLabs celebrated BHM with an awareness and education campaign that included published interviews with employees, a series of webinars, and a resource guide about the impact of institutional racism.



#### International Women's Day (IWD)

The Women of LifeLabs Employee Resource Group took up IWD's challenge and ran a "Break the Bias" campaign featuring photos of LifeLabs employees.

#### Med Lab Week

Med Lab Week is an opportunity to recognize and celebrate the important work done by LifeLabs' teams. This year's events centred on peer recognition and included activities such as "Red Carpet Day" and "Sports Day".





### **LyfeLabs** Pride Month

For the first time, LifeLabs kicked off Pride Month by ceremonially raising the Pride flag at our Toronto and Burnaby lab locations. Pride flags and stickers were also made prominent throughout our Patient Service Centres during the month of June and beyond.

#### Scholarship Awards

LifeLabs Family Scholarship Program awards ten scholarships to dependent children of LifeLabs employees based on grades, leadership, extracurricular activities, volunteer, and work experience. This year's talented recipients will be pursuing further education in political science, nursing, physiology, and neuroscience.





#### National Day of Truth and Reconciliation

Employees raised funds throughout the month of September in support of National Day of Truth and Reconciliation. This year's donations - including a \$10,000 corporate donation - went to agencies serving indigenous families in Ontario, Saskatchewan and British Columbia.

# Energizing and Supporting **Our Communities**

Our team members are profoundly committed to both their professional endeavours and their local communities.

They consistently demonstrate an exceptional willingness to step up and provide assistance, whether in the face of natural disasters, fundraising efforts, or advancements in diagnostic science.



#### LyfeLabs<sup>®</sup>



# Advancing Knowledge in the **Diagnostics Community**

In September, LifeLabs hosted its fourth annual healthcare providers conference in British Columbia – the first one since the COVID-19 pandemic was declared in early 2020. The evening included a catered dinner as LifeLabs' doctors presented on a number of topics ranging from genetic testing in pregnancy to hyponatremia to sexually transmitted infections.

More than 100 physicians, nurse practitioners, and naturopaths attended. "There were many thoughtful questions and lively discussions," says Dr. Diana Whellams, Medical Doctor, Microbiology, who presented at the conference. "These events help to foster collaborative relationships with practitioners that, ultimately, lead to better diagnosis and care."

#### Helping Kids with Cancer Navigate their First Blood Test



LifeLabs donated 100 copies of the children's book Matthew Goes For a Blood Test to the Pediatric Oncology Group of Ontario (POGO).

The book was written and published by LifeLabs team member Mary-Ann Hilderley, who works at the Patient Services Centre in Shelburne, Ontario. Mary-Ann, who has 20 years of experience as a phlebotomist, wrote the book to help parents and children prepare for and reduce anxiety around blood testing.

### Contributing to **Emergency Relief Efforts**

Staff raised \$5,000 through various initiatives, including a bake sale and raffle, to contribute to a relief fund run by the Canadian Red Cross. LifeLabs topped this up with a \$15,000 corporate donation. The relief fund helped to provide emergency shelter, supplies, and financial assistance to thousands of Canadian households impacted by the storm. LifeLabs' donation was also matched by the federal government, doubling its impact.

In the aftermath of Hurricane Fiona, the destructive category four storm that hit Eastern Canada in September 2022, LifeLabs stepped up to help.

#### Supporting Canadian Charities

LifeLabs' teams are committed to a variety of charities and causes that are near and dear to their hearts. Funds raised through volunteer efforts are amplified by LifeLabs' Employee Giving Program, which matches employee donations by 50% up to \$200 per donation.

The Chemistry team at the Kennedy Reference Laboratory in Ontario participated in the annual Heart and Stroke Foundation's Ride for Heart fundraiser. To make the event more exciting, they rode tricycles instead of bikes. "It was a great team-builder," says team supervisor, Evelyn York. The team raised over \$10,000, including LifeLabs' matching contribution.

Our annual team-led Movember campaign raised over \$10,000 through the Employee Giving Program. LifeLabs' participation in this national fundraiser included an internal campaign to raise awareness. Employees submitted photos of themselves with moustaches – or sporting LifeLabs moustache stickers – and some wrote testimonials about why the cause is important to them.

During the holiday season, LifeLabs' spirit of giving is often in full swing. Our team in London, Ontario, worked closely with a local women's shelter to provide a single mother with a gift card for necessities such as gas and groceries. They also donated

gifts and gift-wrapping supplies for the woman's two daughters. In addition, the team ran a raffle, bake sale, and silent auction to raise money for a Christmas food box for everyone at the shelter. In Belleville, Ontario, the Adam Street PSC team participated in a local Christmas Sharing program, which helps families meet food costs during the holidays. The team also ran a clothing drive to collect warm winterwear for a local women's shelter.

While national events and holidays are wonderful opportunities to mobilize volunteers and donations, our teams often create their own initiatives that continue year-round. Trevor Leighton Martin, a courier working in Etobicoke, Ontario, regularly collects food and gently used clothing from his colleagues to donate to Youth Without Shelter, which provides emergency residence and other support to people aged 16-24. With contributions from teams at several Etobicoke locations, Leighton has collected over 1,100 pounds of food and clothing over the past few years.



EMPLOYEE GIVING PROGRAM

ITS EMPLOYEES IN SUPPORT

台 \$15k+







**SPECIAL APPEALS** FROM PARTNERS SUCH AS THE RED CROSS



# Building and Sustaining Innovative Partnerships

Our team's talent for collaboration extends seamlessly to our external partners, where we have forged a range of exciting partnerships in the areas of education, technology, talent development, and risk assessment.

#### Partnering with Anderson College to Develop Healthcare Talent

Medical Laboratory Technologists (MLTs) – the people who perform diagnostic tests and report the results – play a crucial role not just at LifeLabs but in Canada's health care system. MLTs are in high demand, and LifeLabs is doing its part to help build a talent pipeline that brings people into these highly skilled roles.

In 2022, LifeLabs launched a two-year MLT hybrid training program in partnership with Anderson College, a long-established career college with several locations in Ontario and B.C. As part of the program, second-year students work alongside licensed, experienced MLTs at LifeLabs sites. This provides them with practical experience to supplement their classroom instruction and laboratory training at Anderson College. LifeLabs has also committed to providing job opportunities to graduates of the program. The first group of students will graduate in 2024.

"Our partnership with Anderson College will help deliver a new generation of MLTs, supporting the testing needs of communities across Canada," says Jennifer Cudlipp, Chief Operating Officer.

The new partnership builds on LifeLabs' history of supporting diagnostic-related educational programs by providing practicum placements to students.







#### **R** natera Signatera™ Residual disease test (MRD)

### Launching a New Partnership with Natera to Improve Cancer Treatment

Patients previously diagnosed with cancer can now access a highly sensitive, personalized test to check for residual disease and assess the risk of a recurrence.

The test, developed by Natera, Inc., detects circulating tumour DNA and can identify a relapse up to two years earlier than other methods currently available. The test also examines customer DNA for risk factors to help predict the likelihood of cancer recurrence.

The cutting-edge test, Signatera<sup>™</sup>, will help oncologists and surgeons to make precise clinical decisions regarding cancer treatment – treatments that align with their patient's specific profile. The test is non-invasive and allows individuals to be monitored without repeated biopsies or imaging.

The clinical utility of Signatera<sup>™</sup> across cancer types has been validated by multiple studies. "Clinical trials show that Signatera<sup>™</sup> provides a precise and informative measurement of residual disease," says Dr. Catherine Ross, VP of Medical and Quality Affairs. "We're incredibly pleased to be able to offer this valuable, innovative tool to improve cancer care in Canada."





### **Partnering with University of Toronto and McMaster** to Train Clinical Chemists

In Ontario, chemists with a doctorate degree in their field can specialize in clinical (medical laboratory) chemistry by going through a post-doctoral fellowship program at either the University of Toronto or McMaster University.

Several times in the past decade, students in this post-doctoral fellowship program have been offered a two-week training rotation at LifeLabs. This rotation was singled out for praise by the Canadian Accreditation Committee (CAC) when they reviewed the fellowship program in 2022. Based on the CAC's report and the positive feedback received from students, LifeLabs' training rotation has now been included as a standard, annual event on the fellowship program schedule. The rotation exposes clinical chemistry fellows to the unique challenges and techniques of community lab testing to complement their experience in hospital laboratories. Working with LifeLabs clinical chemists and laboratory scientists, the fellows learn about high-volume automated testing, specimen collection in an outpatient setting, and the complex logistics involved in transporting specimens from Patient Services Centres to labs.



### **Partnering with Western University** to Prepare for Climate Change

Changes driven by global warming are already evident, and these impacts will become more pressing in the coming years.

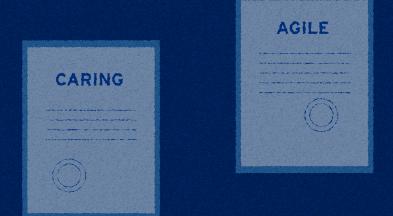
LifeLabs is proactively planning to ensure we will be able to adapt quickly in the face of new challenges – such as keeping laboratories cool in a warming climate – and positive changes, such as the trend toward electric vehicles.

To help us prepare for all possibilities, LifeLabs partnered with Western University to conduct a Climate Change Risk Assessment. A group of supervised students from the university completed the study and identified 24 potential risks to our operations. The risks were categorized according to likelihood and level of impact to help identify the most urgent priority areas. The Climate Change Risk Assessment is a valuable framework that will guide us as we systematically prepare for and adapt to the impacts of climate change.

# Reaching Out and Caring for Our Customers

We are passionate in our belief that all Canadians deserve access to highquality diagnostic testing.

This year, we took several important steps to enhance the accessibility and convenience of our locations, while also focusing on accelerating the modernization of our capabilities.















NEW LIFELABS LOCATIONS OPENED IN 2022



TOTAL PATIENT SERVICE CENTRES NOW AVAILABLE ACROSS CANADA



ANNUAL CUSTOMER VISITS

# Expanding Access and Convenience

Of our five new Patient Service Centre (PSC) locations, our latest PSC in Richmond, B.C., is also equipped with LifeLabs' first collection room designed specifically to be a calming environment for customers with autism spectrum disorder (ASD).

This facility adds a new dimension to our Serving Customers with Autism program, which began in 2017 and is grounded in a partnership with Pacific Autism Family Network in B.C. and the Autism Research Centre at the Holland Bloorview Kids Rehabilitation Hospital in Ontario. Through this program, all employees working in our PSCs have been trained and are equipped to make blood collection a positive, stress-free experience for customers with ASD.

#### Achieving Operational and Diagnostic Excellence

LifeLabs' people generated outstanding results during the accreditation assessment conducted by the College of Physicians and Surgeons of B.C. Diagnostic Accreditation Program (DAP) and Accreditation Canada Diagnostics (ACD).

As Canada's leading provider of laboratory diagnostics, LifeLabs must fulfill stringent provincial regulatory requirements and maintain ISO15189 compliance to ensure the quality of its service and the safety of its facilities. "We are proud to have exceeded many of the accreditation requirements," says Jennifer Cudlipp, Chief Operating Officer. "Our tremendous employees and collaboration at many levels, as well as our strong focus on continuous improvement, have enabled us to achieve these results."

### **Elevating Lab Precision** with an Innovative Approach

LifeLabs' commitment is to provide the best possible diagnostic information for physicians and customers. That means investing significant resources to stay up to date with improvements in testing equipment and methodology.

Currently, LifeLabs is in the midst of an ongoing, multi-phased initiative to move chemistry testing to a new, more advanced platform, the Abbott Alinity high-volume chemistry analyzer.

Our Surrey, B.C., laboratory also adopted new multiplex molecular testing platform and new testing algorithms for gastrointestinal pathogens to meet updated provincial requirements. The new platform allows faster turn-around and more sensi tive testing, making test results more informative for physicians and their patient

	Our scientists stay up-to-speed with re-
	search in their fields, and we frequently
	adjust our test offerings to reflect the
	latest in evidence-based best practices. In
	November 2022, we began offering FIB-4
a 1	index testing based on the recommenda-
	tion of the American Association of Clinical
	Endocrinology (AACE). FIB-4 is a non-inva-
	sive and accurate index that assesses the
m i-	risk of developing fibrosis in individuals
	with specific types of chronic liver disease.
	Understanding the level of fibrosis risk
ts.	helps physicians to come up with the best
	treatment plan for their patient.

#### Supporting Canadians' Health by Caring for the Environment

LifeLabs' people are passionate about environmental sustainability. We care about the health of the planet, both for its own sake and because we understand that environmental factors have a significant impact on Canadians' health.

In 2022, LifeLabs continued to expand and strengthen our sustainability measures, led by our expert Environmental Sustainability team.

"Sustainability is an area where real innovation is possible," says Elyse Dumanski, Director of Environment, Health, Safety, and Sustainability. "Our team brings a lot of commitment and creativity to the work of reducing LifeLabs' environmental impact."

In one major new initiative, LifeLabs installed telematics devices in all fleet vehicles. Telematics devices are small computers that connect to a vehicle's GPS system and engine. Among other things, they can provide the ability to monitor fuel consumption, identify vehicles with high emissions, and optimize

driving routes to save fuel. The use of telematics has improved the fleet's fuel economy by 33%, resulting in a significant reduction in carbon emissions.

LifeLabs also completed comprehensive pollution prevention plans at 14 laboratory locations last year. To complete the plans, the teams identified each wastewater stream, measured its volume, and implemented an appropriate waste treatment and disposal solution to ensure that no contaminants were entering the local water system or the environment.

In addition to these new initiatives, LifeLabs will continue to enhance our existing environmental sustainability program now and into the future.



4



**GEL PACKS** DIVERTED FROM LANDFILLS EACH YEAR

# 52,000 км

**OF DRIVING ELIMINATED** THROUGH BIOHAZARDOUS WASTE CONSOLIDATION PROJECT



25%

**INCREASE IN BATTERY** RECYCLING

**OF WASTE DIVERTED FROM LANDFILLS IN 2022** 



**OF ELECTRONICS RECYCLED** (INCLUDING 1,480 KG OF TONER **CARTRIDGES AND 200 KG OF BATTERIES)** 



TREES PLANTED TO **OFFSET FOR PAPER** CONSUMPTION IN COLLABORATION WITH PRINT RELIEF



LITRES OF WATER PER YEAR CLEANED BY THE OZONE TREATMENT SYSTEM AND RECYCLED INTO THE CITY **INFRASTRUCTURE** 

# LifeLabs by the Numbers

#### **CUSTOMER EXPERIENCE**



700k+

CUSTOMERS SERVED THROUGH HOMECARE AND MOBILE LAB VISITS



8 м

TOTAL REGISTERED USERS ON MYCARECOMPASS



4.8 MIL

APPOINTMENTS BOOKED ONLINE IN 2022



370

COLLECTION SITES ACROSS CANADA

#### EMPLOYEE EXPERIENCE





EMPLOYEES WORKING AT LIFELABS





OF EMPLOYEES HAVE WORKED AT LIFELABS FOR 10+ YEARS

LABORATORIES AND TESTING





LIFELABS LABS





LAB TESTS PERFORMED IN 2022



AVERAGE CUSTOMER VISITS PER DAY AT PSCS ACROSS CANADA





CRITICAL RESULTS

# Awards and Recognition

LifeLabs' awards and accomplishments stand as a testament to our dedicated leaders and caring, customer-focused team. In 2022, we received global recognition for leadership excellence, innovation, environmental sustainability, diversity, and employee well-being.

#### **BRAND AND CUSTOMER**



In a 2022 survey, Canadians chose LifeLabs as the Most Trusted Brand in Health Diagnostics

#### **CULTURE AND EMPLOYEE EXPERIENCE**



LifeLabs recognized on Forbes' Canada's Best **Employers** list



LifeLabs named one of Canada's Best Employers for Diversity 2022 by Forbes



LifeLabs earned the 2022 Workplace Benefits Award from Benefits Canada

#### LEADERSHIP EXCELLENCE



LifeLabs' President and CEO Charles Brown ranked #2 of the Top 25 Biotech CEOs by Healthcare Technology Report



LifeLabs' President and CEO Charles Brown received the **Top Industry Leader Award** from Life Sciences Voice





LifeLabs' President and CEO Charles Brown ranked 10th on the Top 100 Innovation CEOs of 2022 by World Biz Magazine

#### **SUSTAINABILITY**



LifeLabs receives Environmental Excellence Award for the 5<sup>th</sup> straight year



LifeLabs Chief Operating Officer Jennifer Cudlipp honoured with the CPABC **Distinguished Service Award** 



LifeLabs' Chief Operating **Officer Jennifer Cudlipp named** one of the 500 most influential leaders in British Columbia



### L)feLabs<sup>®</sup>

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