

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: April 12, 2021

Content provided by: Alberta Health Services, myhealth.alberta.ca

Tips to ensure a stress-free lab services appointment

Throughout the pandemic, extra safety precautions have been put in place to ensure all Albertans can safely receive lab services from Alberta Precision Laboratories (APL.) This has resulted in longer than normal wait times for lab service in many communities. Please read the following information to ensure you can access necessary lab testing as quickly as possible, and that you are prepared for your visit to the lab:

- Patients are strongly encouraged to book appointments for APL lab work, either online or through the patient appointment line (below).
- If you are unable to attend your appointment for any reason, please ensure you cancel it so that it will be available for others who require lab services.
- Immunocompromised patients and those requiring urgent testing should phone the province-wide **Patient Appointment Line: 1-877-868-6848** for assistance.
- Please proceed to www.albertaprecisionlabs.ca for information on locations, hours of operation and to book your lab test.

Safety Precautions At All Patient Collection Sites

- Patients with appointments should not arrive more than five minutes prior to their scheduled appointment.
- Walk-in patients may get requests from staff to help ensure safe distancing such as:
 - Being asked to wait in a nearby indoor location or in your vehicle until space is available in the lab waiting area. You can choose to be notified by cell phone when you can enter the lab.
 - When wait times are long, patients may be asked to return at a later time.
- All patients will be screened and assessed for COVID-19 symptoms and risk factors upon arriving at the lab site. Lab staff are required to wear all necessary personal protective equipment, in alignment with Alberta Health Services policies.



- All patients will be provided with a new medical-grade mask to wear over their mouth and nose for the duration of their laboratory visit.
- The number of chairs in waiting rooms has been reduced to provide proper distancing.
- Additional cleaning and hand hygiene practices are in place at all facilities.

Alberta Precision Laboratories strives to ensure its labs and patient service centres are always safe places for everyone. Please be respectful and follow the directions of APL staff, as they are there to help you receive the healthcare service you need.