

**Life Labs Update:**  
*(Suggestion from one of our members)*

All doctor requisitions are now sent to the main office of Life Labs where they take 24-48 hours to process and arrive at your local Life Lab Office. You may then call to ensure that your requisition has been received and request an appointment. Appointments are slotted every 5 minutes.

NB. It is recommended that you ask your doctor to email your requisition directly to you. Print, make your appointment and take your requisition in with you!