

# Welcome to Champlain!

## What You Need to Know:

### 1 Food Services

Check out the many eateries located near the Champlain site.

### 2 Parking

Park in the lot surrounding the office.  
For inquiries email: [lh@reefparking.com](mailto:lh@reefparking.com).

### 3 ID Badge

Obtain your ID badge by scheduling an appointment with Security. For questions, contact: [photoid@lh.ca](mailto:photoid@lh.ca). You must bring a copy of your offer letter.

### 4 Intranet

Visit Lakeridge Health's intranet, OASIS, at <https://lakeridgehealth.sharepoint.com/> using your Lakeridge Health credentials to locate policies, procedures, and more!

## Human Resources

**Location:** Oshawa Hospital  
McLaughlin Hall

**Hours:** Monday to Friday  
8:00 a.m. to 4:00 p.m.

**Contact:** [askhr@lh.ca](mailto:askhr@lh.ca)  
905-576-8711, extension 34655

## Occupational Health and Safety

**Location:** Oshawa Hospital  
G Wing, Basement Level 1

**Hours:** Monday to Friday  
8:00 a.m. to 4:00 p.m.

**Contact:** [ohnurses@lh.ca](mailto:ohnurses@lh.ca)  
905-576-8711, extension 33710

## Employee Assistance Program

A free, confidential counselling and referral service available 24/7/365, to employees and their family members (within your household).

**Call:** 1-855-824-9752  
**Visit:** [guidanceresources.com](http://guidanceresources.com)  
**Web ID:** EAP4LH

## Accessing Your Email

**Internal access:**  
Use the office web app on any Lakeridge Health computer to access your email. Access will be provided by your hiring leader on your first week.

**External Access:**  
Visit [lh.ca/For Staff/Staff Resources](http://lh.ca/For Staff/Staff Resources).