

# Assess your cancer risk in just a few minutes

My CancerIQ is a free online tool that helps you assess your cancer risk and provides steps you can take to prevent cancer.

## **Build your cancer risk profile**

Answer key questions about lifestyle, family history and screening history.

## **Determine your cancer risk**

See which factors are affecting your risk.

## **Learn how you can reduce it**

Get your health action plan with links to trusted Canadian health resources.

Visit **MyCancerIQ.ca** today!

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca).  
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