

# Assess your cancer risk in just a few minutes



**My CancerIQ** is a free online tool that helps you understand 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 what 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



**Ontario  
Health**