

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.
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