

# 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**

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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