

# 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**