



Knowledge is power—especially when it comes to your health.

# EMPLOYEE CANCERIQ SCREENING INITIATIVE

About 1 in 10 cancers are inherited, meaning risk can be passed down through families. By understanding your genetic risk, you can take proactive steps toward prevention, early detection, and peace of mind. Penn State Health, in partnership with CancerIQ, provides employees with a quick, confidential online screening to assess hereditary cancer risk. The survey takes only about five minutes and includes simple questions about your health and family history.



## ACQUIRED

linked to modifiable risk factors (i.e. smoking, diet, UV, and exercise).

## RISK FACTORS



## FAMILIAL

family history of cancer & shared environmental or lifestyle factors.



## HEREDITARY

inherited gene mutation that raises the risk for cancer.

## START YOUR SCREENING



1

Open the camera on your smart phone.



2

Hover your camera over the QR code.



3

Tap the link that appears on your screen to start the online risk assessment survey.

After you complete the survey, a member of the Penn State Cancer Genetics Program reviews your results and shares any recommended next steps.

If you qualify, you may be referred to genetic counseling. Genetic counselors are specially trained to help you understand your risk, explore preventive options, and make informed choices that support both your health and the health of your loved ones.

Taking this small step can have a lasting impact. The knowledge you gain may lead to earlier screenings, preventive care, or simply the reassurance that you are on the right track.