

30-Day Challenge



My Health My Future

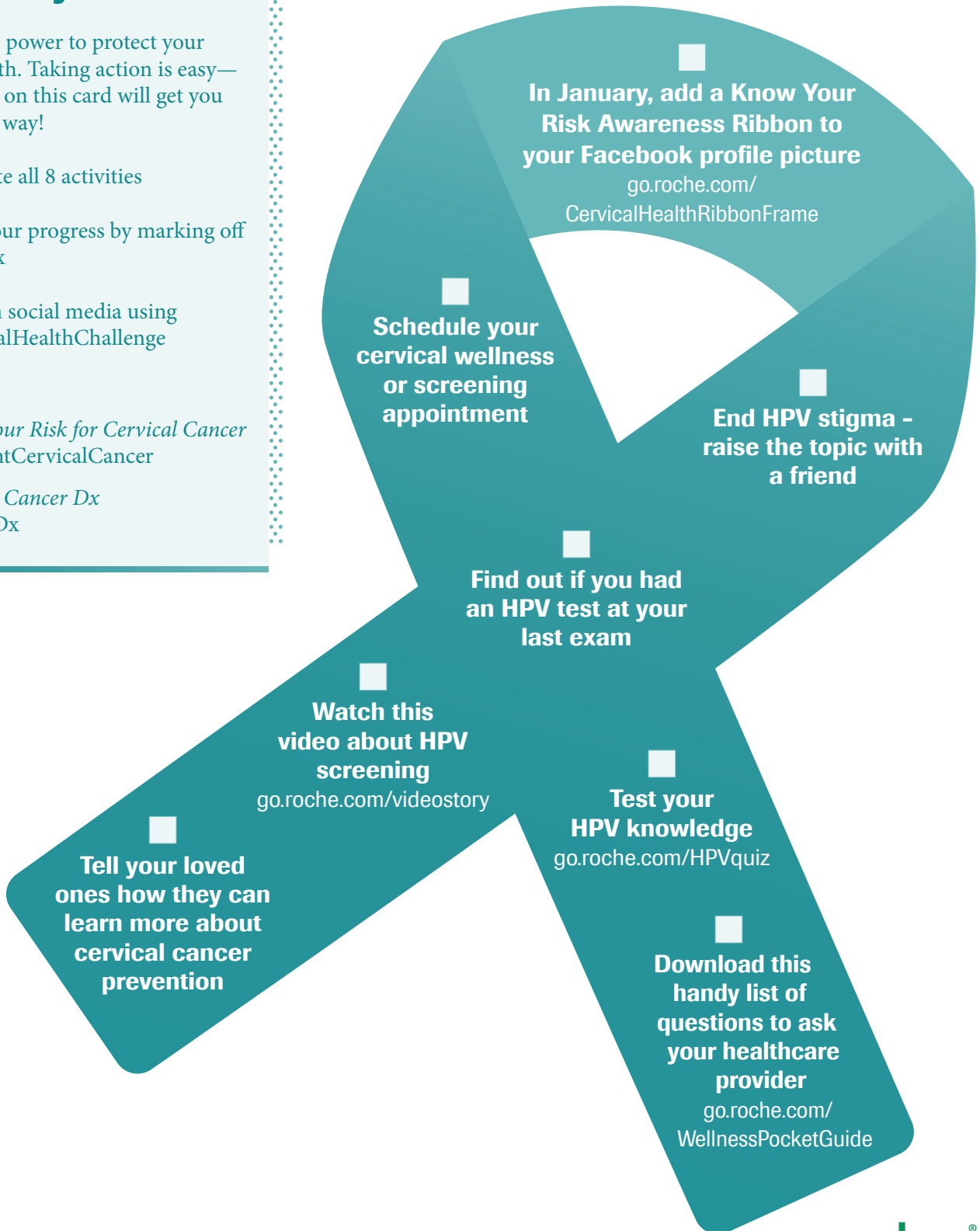
You have the power to protect your cervical health. Taking action is easy—the activities on this card will get you well on your way!

- Complete all 8 activities
- Track your progress by marking off each box
- Share on social media using #CervicalHealthChallenge

Follow us:

 *Know Your Risk for Cervical Cancer*
@PreventCervicalCancer

 *Cervical Cancer Dx*
@CxCaDx



In January, add a Know Your Risk Awareness Ribbon to your Facebook profile picture
go.roche.com/CervicalHealthRibbonFrame

Schedule your cervical wellness or screening appointment

End HPV stigma - raise the topic with a friend

Find out if you had an HPV test at your last exam

Watch this video about HPV screening
go.roche.com/videostory

Test your HPV knowledge
go.roche.com/HPVquiz

Tell your loved ones how they can learn more about cervical cancer prevention

Download this handy list of questions to ask your healthcare provider
go.roche.com/WellnessPocketGuide