



# A LIFESAVING TOOL

**Designed by Campaigning for Cancer for you**

My Cancer Guide is a mobile web-based app that guides users in completing step-by-step monthly breast self-examination and cervical self-observation.



**my  
cancer  
guide**

# WHY HAS THIS APP BEEN CREATED FOR YOU?

With overwhelming cancer information, it becomes difficult to decide which information is important or credible, and it isn't always easy remembering all the steps for self-examination. The app is created to empower you to take charge of your health; #mycancerguide assists in identifying the signs, symptoms, and how to do the self-examination.

## STEPS TO SIGN UP



- SCAN the QR code to access the app or search [www.mcgscreening.co.za](http://www.mcgscreening.co.za)
- CREATE AN ACCOUNT.
- SELECT the type of self-examination/observation you would like to do.
- CHOOSE A LANGUAGE that you are most comfortable with; there are currently 8 official languages that you can choose from.
- FOLLOW THE AVATAR; it will give you a verbal and visual description of how to complete the self-examination/observation steps.
- TAKE A BUILT-IN ASSESSMENT SURVEY to assess your risk.
- GET A CONSOLIDATED REPORT that can be shared with your doctor or clinic nurse.

## HELP US SAVE LIVES!

Join our community today to become a credible cancer advocate by sharing the app with your family, friends, and communities. If you have any questions or require further information, email us at:  
[mycancerguide@campaign4cancer.co.za](mailto:mycancerguide@campaign4cancer.co.za)  
or WhatsApp 082 224 4224

