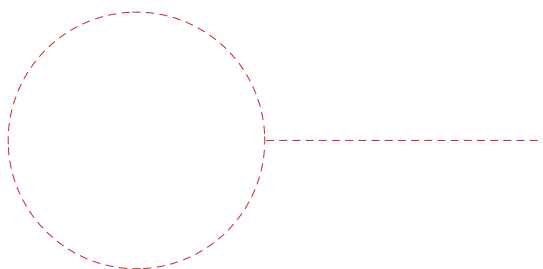


CARDS ARE WATERPROOF AND CAN HANG IN THE SHOWER.



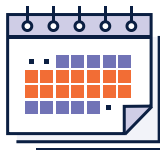
3 Steps Detect



STEP 1

Know Your Great

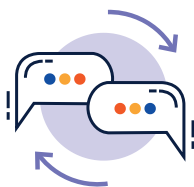
Know how you feel when you are at your best. Tune into your energy level, sleep patterns, weight, skin, and bathroom habits. Get to know what is normal for you.



STEP 2

Use the 2-Week Rule

If any changes in your health last longer than 2 weeks, it's time to call the doctor.



STEP 3

Share with Your Doctor

You know your body best. Share information about any health changes with your doctor. It may be difficult or feel embarrassing, but it could be lifesaving.



DetecTogether

SAVING LIVES THROUGH
EARLY CANCER DETECTION

May 2025