

The Defender Cancer Risk Assessment:

- 1) Click the link and follow the directions to complete the assessment.
 - Take a few minutes to review your results by scrolling through the "MVP Tips" on the results page.
- 2) To verify you completed the assessment please do one of the following:
 - a. Fill in the "MVP Tips Recording Log" (below) or make your own (I will take it); or:
 - b. Email a good cell phone picture or screen shot of the "results page".
- 3) Reminder: only one incentive can be sent to each member-household with the exception that more than one employee-member lives in the household.
- 4) Last day to submit challenge verification is 10/31/20.
- 5) Please contact me with any questions.
pflaherty@eshca.org

The Defender Cancer Risk Assessment MVP Tips Recording Log

Example: 1) Get screened

- 1) _____
- 2) _____
- 3) _____
- 4) _____