



# Colon cancer screenings may offer peace of mind



When it comes to getting a colon cancer screening, some simple information can go a long way toward putting your mind at ease

## Did you know?



**Screenings may help find precancerous growths called polyps.** Your provider can help you decide if or when the polyps should be removed.



**Regular screenings can help find cancer early** when treatment may be easier and more effective.



**Screenings, which are considered preventive care,** are covered under your health plan.



### Options for colon cancer screening include at-home tests

Talk to your provider about the pros and cons of each option to determine which test is right for you.<sup>1</sup>

# Make time to get a colon cancer screening

The American Cancer Society recommends completing one of these tests to screen for colon cancer.<sup>2</sup>

## 1 Fecal occult blood test at-home kit

Stool samples are collected at home and sent away to be analyzed for blood. Request an at-home kit by calling the number on the back of your member ID card.

**Recommended once a year starting at age 50<sup>1</sup>**

## 2 Cologuard® stool DNA test

A simple home-use kit used to collect stool samples. The samples are analyzed for altered DNA and/or blood in the stool. Your Primary Care Provider will need to write you a prescription to order a Cologuard® kit.

**Recommended every 3 years starting at age 50<sup>1</sup>**

## 3 Flexible sigmoidoscopy

This screening is similar to the colonoscopy but checks only the lower third of the colon. This exam usually takes 10 to 20 minutes.

**Recommended once every 5 years starting at age 50<sup>1</sup>**

## 4 Colonoscopy

This procedure lets doctors check the entire length of the colon using a thin, flexible tube fitted with a tiny camera. This exam usually takes about 30 minutes, and patients are usually given medicine to help them relax or sleep.

**Recommended once every 10 years starting at age 50<sup>1</sup>**

## Decide which screening is right for you

Screening type	Prep required	Frequency	Complete at home	Covered by plan	\$0 copay
Fecal occult blood test	No	Yearly	Yes	✓	✓
Cologuard®	No	Every 3 years	Yes	✓	✓
Flexible sigmoidoscopy	Yes	Every 5 years	No	✓	✓
Colonoscopy	Yes	Every 10 years	No	✓	✓

<sup>1</sup>Check your benefit plan to see which services may be covered.

<sup>2</sup>American Cancer Society, 2021.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

© 2021 United HealthCare Services, Inc. All Rights Reserved.

Y0066\_SPRJ64740\_070921\_C