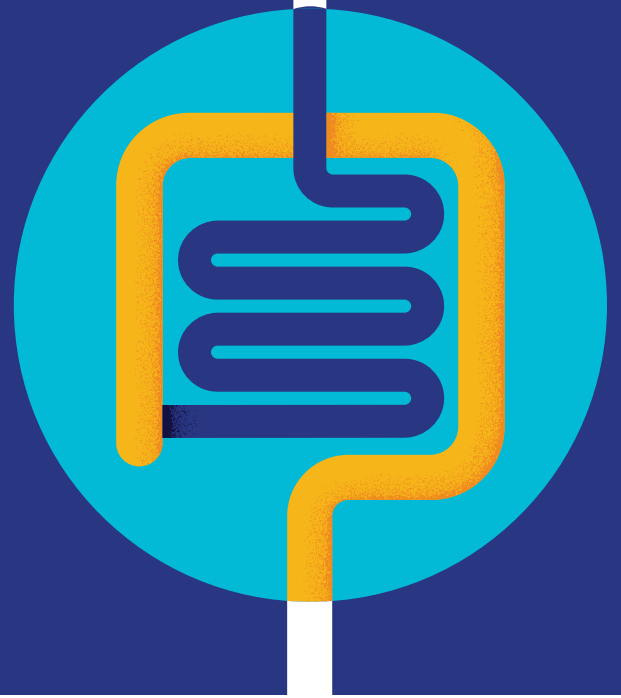




# Colon cancer screening may offer peace of mind



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 when 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 by your health plan.



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

Talk to your provider to review your screening options and learn if an at-home test kit is right for you.

# Make time to get a colon cancer screening

The American Cancer Society recommends completing one of these tests to screen for colon cancer.\*\*

## 1 Fecal immunochemical test (FIT) kit

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

**Recommended once a year starting at age 45\*\***

## 2 Cologuard<sup>®</sup> stool DNA test at-home kit

A simple at-home 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<sup>®</sup> kit.

**Recommended every 3 years starting at age 45\*\***

## 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 45\*\***

## 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 45\*\***

## Decide which screening is right for you

Screening type	Prep required	Frequency <sup>‡</sup>	Complete at home	Covered by plan	\$0 copay
Fecal immunochemical test	No	Yearly	Yes	✓	✓
Cologuard <sup>®</sup>	No	Every 3 years	Yes	✓	✓
Flexible sigmoidoscopy	Yes	Every 5 years	No	✓	✓
Colonoscopy	Yes	Every 10 years	No	✓	✓

<sup>◊</sup>Must have a primary care provider on file to order an FIT kit.

\*\*American Cancer Society, 2022.

<sup>‡</sup>Based on United States Preventive Service Task Force clinical recommendations.

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

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