

# Take care of you

## Know your options for colon cancer screening

### Did you know that March is Colon Cancer Awareness Month?

Getting screened regularly is one of the best ways to prevent colon cancer. A screening can help find cancer even if you have no symptoms. And a colonoscopy isn't the only test available. There are some you can do at home.

Even if you have no family history of colon cancer, you should get a screening. If you're African American, your risk is greater. Talk to your doctor about when to start getting screened.



**Talk to your doctor today to decide which test is right for you.**

 **ActiveHealth**  
MANAGEMENT.

# Prepare and prevent

You may be eligible for any of the preventive screening tests below at no cost with an in-network provider.

**EVERY  
YEAR**

## **FIT and gFOBT**

(these tests detect hidden blood in the stool)

- Done at home
- For FIT: no prep required
- For gFOBT: some prep required
- Risk-free
- If positive, colonoscopy is recommended



**EVERY  
3 YEARS**

## **ColoGuard® stool DNA test**

(detects altered DNA and blood in the stool)

- Done at home; no prep required
- Detects cancer and precancerous cells
- Can at times return false-positive or false-negative results
- If positive, colonoscopy is recommended



**EVERY  
5 YEARS**

## **Flexible sigmoidoscopy**

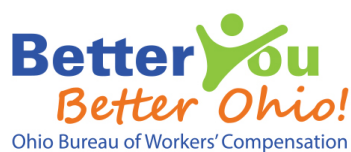
- Removal of any polyps in rectum and lower colon
- Special diet and bowel prep required
- Quick, safe and does not require sedation
- Can miss small polyps



**EVERY  
10 YEARS**

## **Colonoscopy**

- Removal of any polyps in rectum and lower colon
- Special diet and bowel prep required
- Sedation is likely; will need a ride home
- Best test for preventing colorectal cancer



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