



# 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 starting at 45 years old.<sup>1</sup> If you're African American, your risk is greater. Talk to your doctor about when to start getting screened for colon cancer.

<sup>1</sup> Aetna. What is preventive care? The tests adults need at every age. 2019. Available at: [Aetna.com/health-guide/preventive-care-by-age.html](https://www.aetna.com/health-guide/preventive-care-by-age.html). Accessed October 5, 2020.

# 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

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

\*If polyps are found and removed, charges may apply.

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