

IT'S TIME FOR YOUR COLORECTAL CANCER SCREENING



PREVENTIVE CANCER SCREENINGS ARE INCLUDED IN YOUR PLAN

Colorectal cancer screenings are too important to miss. That's because when colorectal cancer is found and treated early, there's a 90% chance of survival after five years.¹ They're easy to schedule, and there's no additional cost.² Schedule your appointment today. It could save your life.

Here are some factors to discuss with your doctor:



Location

Am I eligible for a home screening, or do I need to go to my doctor's office?

Screening can happen at home or at your doctor's office.



Family history

How does my family and medical history impact which screenings I'm eligible for?

It can determine which screenings are right for you.



Timing

How often do I need to get screened?

Screening frequency depends on factors like risk level.

1. National Cancer Institute, "Screening Tests to Detect Colorectal Cancer and Polyps," August 2, 2021.

2. Preventive care is covered at no additional cost. Testing and treatment for existing conditions may incur additional out-of-pocket costs, including copays, co-insurance, and deductibles.

WHERE YOU GET TESTED MATTERS

Your care should be as individual as you are. Go over these questions with your doctor to decide which test is right for you.

	At-home screening	In-office screening
What type of tests do I need?	<ul style="list-style-type: none"> • Cologuard® • Stool DNA (sDNA) & fecal immunochemical test (FIT) • FIT only • Fecal occult blood test (FOBT) 	<ul style="list-style-type: none"> • Colonoscopy • Flexible sigmoidoscopy • CT colonography
How often will I need to get screened?*	<ul style="list-style-type: none"> • sDNA test — every 3 years • FIT — every year • FOBT — every year 	<ul style="list-style-type: none"> • Colonoscopy screenings — every 10 years • Flexible sigmoidoscopy screenings — every 5 years • CT colonography screenings — every 5 years
How do I prepare for each screening?	<ul style="list-style-type: none"> • For sDNA and FIT, you don't need to do any prep. Just request the test. • For Cologuard, FIT only, and FOBT, you must take a laxative or enema the day before your procedure. • For at-home tests, follow the directions and return using the prepaid label. 	<p>You'll need to take a laxative to clean out your bowels before the appointment. You'll be sedated and will need someone to drive you home afterward.</p>

*You may need to be screened more often depending on family or personal history.



SCHEDULE A SCREENING TODAY

Call your doctor to discuss the right options for you. If you need to find an in-network doctor, scan the QR code or visit bluecrossma.org to sign in to MyBlue and use our Find a Doctor & Estimate Costs tool.

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