

## Stop Colon Cancer Before It Starts!

Your health matters. One simple test can give you peace of mind!

Test	What It Is	How Often
<b>Colonoscopy</b>	A same-day test done by a doctor at an outpatient surgical center or hospital.	Usually every 10 years if results are normal.
<b>Cologuard (Exact Sciences)</b>	A stool test you do at home.	Every 3 years if results are normal.
<b>FIT (Fecal Immunochemical Test)</b>	A stool test you do at home.	Once every year.

**If you need help finding a doctor or scheduling an appointment, call us today at**

**1-866-934-7507 (TTY: 711)!**

We are available 8 am to 8 pm ET, 7 days a week from 10/1 - 3/31 and Monday through Friday from 4/1 - 9/30.

# Talk with your doctor today about the best screening option for you!

Screening for colon cancer should begin at age 45. If you have a family history of colon cancer, you may need to start earlier.

The test might not sound fun, but it can give you peace of mind — and it could save your life; colon cancer is the second leading cause of cancer deaths in the United States.

Source: <https://www.cancer.org/cancer/types/colon-rectal-cancer.html>

Important Alterwood Advantage Information  
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