Live life, get screened

Know your options for colorectal cancer screening

In partnership with:

American Cancer Society®

Why get a screening?

Getting screened regularly is one of the best ways to prevent colorectal cancer. It can help find cancer even with no symptoms. And getting a colonoscopy isn't the only test available. There are some you can do right in the privacy of your own home.

If you have no family history of colorectal cancer, the American Cancer Society recommends that you get screened starting at 45 years old. **If you're African American, your risk is greater, so it is important to talk to your doctor about screenings.**

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Your health, your way

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

1

Every year

FIT stool test

- Detects hidden blood in the stool
- Done at home
- Risk-free
- No prep required
- If test is positive, colonoscopy is recommended

3

Every three years

Cologuard® stool DNA

- Detects cancer and precancerous cells
- Done at home
- No prep required
- Can occasionally return false positive or false negative results
- If test is positive, colonoscopy is recommended

5

Every five years

Flexible sigmoidoscopy

- Doctor looks for and removes polyps in rectum and lower colon*
- Special diet and bowel prep required
- Quick, safe, and does not require sedation
- Can miss small polyps

10

Every ten years

Colonoscopy

- Doctor looks for and removes polyps in rectum and entire colon*
- Special diet and bowel prep required
- Sedation is likely, so you'll 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.

The American Cancer Society does not endorse any particular product or service.

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna® plans, refer to **aetna.com**.

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