



Colon Health

A Colorectal Cancer Screening Could Save Your Life



What is Colorectal Cancer?

Colorectal cancer is a cancer that develops in the colon or the rectum. The colon is the longest part of the large intestine. The rectum is the bottom part of the large intestine.

How can I reduce my risk?

Preventive Screening

Manage your Weight

Eat a Healthy Diet

Exercise

Limit Alcohol

Avoid Tobacco

Am I at risk for colorectal cancer?

The risk of developing colorectal cancer increases as you get older. That's why screening is recommended for everyone age 45* to 75.

Other risk factors are:

- Having certain types of polyps (growths) inside the colon
- Having a personal or family history of colorectal cancer
- Smoking cigarettes
- Being overweight or having obesity
- Not getting enough physical activity
- Drinking too much alcohol
- Having certain health conditions, like Crohn's disease, that cause chronic inflammation (ongoing irritation) of the small intestine and colon

Learn about at home testing options

Cologuard® or a fecal occult blood test (FOBT) is a non-invasive, at-home colon cancer screening test. Ask your doctor if Cologuard® or another type of FOBT is right for you and your health needs. Your health plan may cover an at home Cologuard® or FOBT as a preventive service with 100% of your deductible waived when prescribed by your in-network provider.

Cologuard® is a separate and independent company that provides colon cancer screening and is solely responsible for its product or services.

Talk with your doctor to find out when a preventive screening is right for you.

If you have any questions, contact us by calling Customer Care using the number on the back of your Member ID card. Or you can also visit accesshma.com and log in to your member account to learn about your health plan benefits.

Content sourced from the Center for Disease Control and Prevention (CDC) <https://www.cdc.gov/colorectal-cancer/index.html>

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