



Suggested newsletter content

## It may be time to get screened: A colonoscopy isn't your only option

Did you know that, according to the American Cancer Society, colorectal cancer is the second-leading cause of cancer death in the United States for men and women combined?

It's normal to be nervous about what your result might be. However, prevention is the best medicine and screening for colorectal cancer may save your life.

Even if you feel fine and don't have any symptoms, you could have undetected health problems that are easier to manage when caught early. Your health is everything, so why wait? Knowing your results will give you peace of mind or help you address minor issues before they become severe.

### Colorectal cancer screening options

When your doctor prescribes a colorectal cancer screening, there's **no cost** to you with your Blue Cross Blue Shield of Michigan or Blue Care Network health care plan.

There are several ways to get screened. You may be eligible for a quick test in the comfort and privacy of your home as well. Learn more about your options at [bcbsm.com/colorectal](https://bcbsm.com/colorectal).

Talk with your primary care provider about how often to test and the method that's appropriate. It may depend on your health history, family history and risks. And then schedule your appointment.

Even if you're not due for a screening, you may have loved ones who are. Encourage them to act now to better manage their health.