

GET SCREENED FOR COLORECTAL CANCER

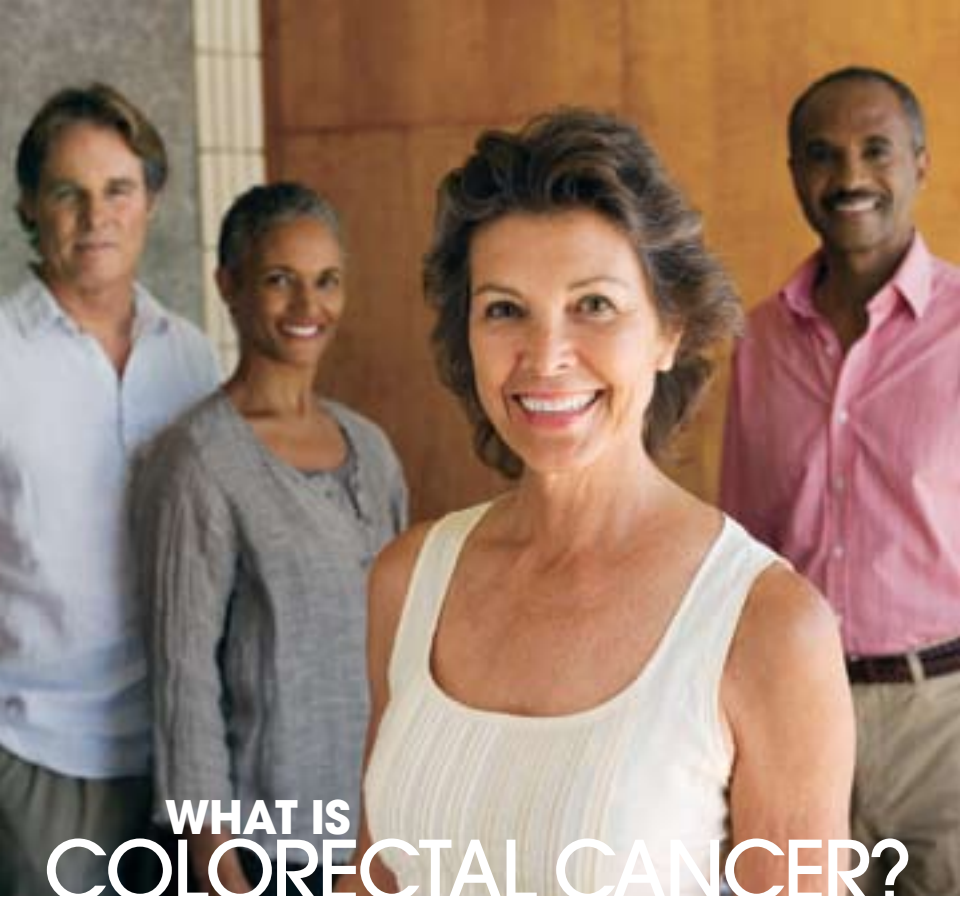


Simple screening tests can protect you from the third leading cause of cancer deaths in the U.S.



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WHAT IS COLORECTAL CANCER?

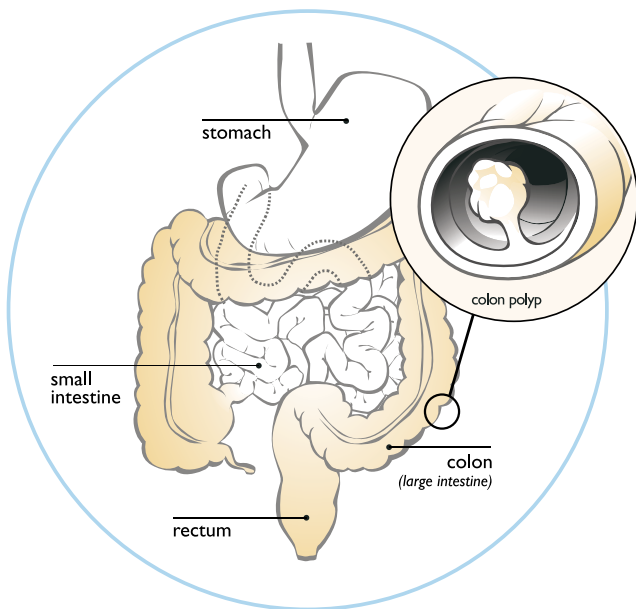
Colorectal cancer is a type of cancer that develops in the colon or rectum. Some polyps — growths that form in the lining of the colon or rectum — might eventually develop into cancer if not detected and removed (see diagram).

Colorectal cancer can affect anyone — men and women alike — and your risk for this disease increases with age. It is the third leading cause of cancer deaths in the United States, even though it is largely preventable.

Screening tests can help prevent the development of colorectal cancer

By getting colorectal cancer screening tests regularly, colorectal cancer can be found and treated early, when the chances for cure are best. And, important for you to know: These tests can find polyps early and remove them before cancer develops. If you are 50 or turning 50, you need to be screened.

**IF YOU ARE 50
OR TURNING 50,
YOU NEED TO BE SCREENED.**





WHICH SCREENING TEST IS RIGHT FOR YOU?

Contact your health care provider today to discuss your risk factors and to find out more about colorectal cancer screening and the type of screening appropriate for you.



SCHEDULE AND KEEP YOUR HEALTH SCREENING APPOINTMENTS

With all of today's commitments, making time for yourself can be a challenge. One of the most important things you can do for yourself is to schedule and keep your health screening appointments. For more information on colorectal cancer screening and a list of other important preventive health screenings, log on to **www.ibxpress.com** and click on the link for *Men's Health* or *Women's Health* under the *Healthy Lifestyles* tab. You may also contact the American Cancer Society at **1-800-ACS-2345**, or visit its website at **www.cancer.org**.

To speak with a Health Coach about your colorectal cancer screening options and to receive a free educational video on this topic, call **1-800-ASK-BLUE** and press prompt 1, prompt 2, then prompt 1. Take advantage of this ConnectionsSM Health Management Program offer today.

Disclaimer: Certain restrictions may apply. ConnectionsSM is not available to self-funded groups that do not purchase the program. Please refer to your benefits description/contract material for complete details of the terms, limitations, and exclusions of your health care coverage. For coverage information and questions, please contact Customer Service at the number on your member ID card.

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Population Health and Wellness
P.O. Box 13526
Philadelphia, PA 19101-3526

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