



Take control of your health.

Talk to your doctor about your
colon cancer screening options.



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There's no time like the present. If you're 45 or older, the time to get screened is now.

Colorectal cancer screenings are covered at 100% under your NALC Health Benefit Plan Preventive care benefit.¹


Learn about screening options and reach out to your provider today.²

- Colonoscopy – up to every 10 years
- Flexible sigmoidoscopy – up to every 5 years (or IO with yearly FIT)
- Computerized tomography (CT) colonography (virtual colonoscopy) – up to every 5 years

If you prefer a less invasive, more private approach to screening and are at average risk – consider at-home tests as a highly accurate alternative.

- **FIT** Immunochemical fecal occult blood test (stool blood test) – yearly
- **DNA-FIT** Immunochemical fecal occult blood test (stool DNA test) – every 3 years

Talk to your doctor about which option is right for you.

 **Questions? We're here for you.**
Reach out to our Customer Service Department at **888.636.NALC (6252)** for High Option.
For Consumer Driven Health Plan, call **855.511.1893**.



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1. Not all preventive services may be covered, and plans may vary. See your plan documents for preventive care coverage details.
2. CDC. "Colorectal Cancer Screening Tests." cdc.gov/cancer/colorectal/basic_info/screening/tests.htm. Page last reviewed: February 23, 2023.

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