



Catch Colon Cancer Early with Screenings



Colon cancer is one of the most preventable cancers.

Colon cancer screening is not a topic most of us like to think about. You may be avoiding having a colon cancer screening because you think it will be uncomfortable, or you may think it isn't needed. However, colorectal cancer is the second leading cause of cancer death in men and women combined in the United States, according to the American Cancer Society.

Screening is recommended for everyone with average risk starting at age 45.

Living a healthy lifestyle can reduce your risk of colon and rectal cancer, but regular screening is also important. If you have a family history of colon cancer or other risk factors, screening can start earlier. Screening helps find precancerous, abnormal growths — also known as polyps — so they can be removed before they turn into cancer. Screening also helps find cancer early when treatment works best. Polyps and cancer don't always cause symptoms, which is why screening is so important.

BCBSNM is working with Home Access Health Corporation, an independent company, to offer an easy and convenient in-home test kit.

There are several types of screening tests. In fact, some tests can be taken at home with no pain or discomfort. You may be eligible to participate in an at-home screening based on:

- Your health profile
- Your medical history

As a Blue Cross and Blue Shield of New Mexico (BCBSNM) member, if it is determined that you are eligible for this screening, you will be receiving a letter from **BCBSNM and Home Access Health Corporation**. This letter will provide information on next steps. We encourage you to participate in this voluntary screening — at **no cost to you**.

We also encourage everyone to have a conversation with their health care provider about colorectal cancer screening.

Talk to your provider about which test is right for you and when you should be screened. If you haven't talked with your provider about colon cancer screening, call and schedule your appointment. Getting screened for colon cancer can save your life.