

Be proactive with a preventive colorectal cancer screening

Age 45 is the time to start



Did you know colorectal cancer is the third most serious cancer condition for both men and women?¹ If you're 45 or older, you should get screened even if you don't have any known risk factors.

Previously, it was recommended by the United States Preventive Services Task Force that people age 50 and older be screened. But this recommendation was recently updated to 45 based on increased prevalence of the disease in younger adults.

Talk to your doctor to get the most out of preventive colorectal cancer screening. Early detection of colorectal cancer saves lives!

Risk factors

The prevalence of known risk factors has increased for colorectal cancer across all generations and especially in the millennial age group.^{1, 2} This includes:

- Age (nearly 94% of new cases occur in adults 45 years or older²)
- Crohn's disease and ulcerative colitis
- Type I and II diabetes
- Diagnosed obesity
- Long-term smoking
- Unhealthy alcohol use
- Family history of colorectal cancer
- Race (higher risk in Black, American Indian, and Alaskan Native adults)

Learn more at ibx.com/preventive

Contact a Health Coach at 1-800-ASK-BLUE (1-800-275-2583) (TTY: 711).

Know before you go

- Most colorectal cancer screenings are considered a preventive service and covered at a \$0 cost-share. To find out more about your coverage for colorectal screenings, call Customer Service at the number on the back of your member ID card.
- Remind your doctor that you are there for your routine preventive exam,* so your visit is properly billed.

Colorectal cancer screening includes any of the following tests:

- Fecal occult blood testing (once every year)
- Highly sensitive fecal immunochemical testing (FIT) (once every year)
- Stool DNA testing alone or combined with FIT (once every three years)
- CT colonography (once every five years)
- Flexible sigmoidoscopy (once every five years)
- Colonoscopy (once every ten years)

Note: Anesthesia or bowel prep offered as part of a preventive colorectal cancer screening will still be covered as preventive services.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association

Footnotes:

1. <https://uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>
2. <https://news.ibx.com/bcbsa-increase-risk-colorectal-cancer/>

* The full preventive schedule is available at ibx.com/preventive.