



EVEN IF YOU FEEL FINE

Screening is important

Among cancers that affect both men and women, colon cancer is the second leading cancer killer in the United States.¹ But symptoms for colon cancer are not always obvious. That's why screening is so important, especially if you're age 50 and older.

Get screened, right at home

The FIT kit (fecal immunochemical test) is a stool test to look for possible signs of colorectal cancer. It is one of several screening options, and you can complete the collection in the privacy of your own home.

Cigna is teaming up with LabCorp to mail a FIT kit directly to your home at no extra cost. Choosing to complete the kit is optional, will not affect your benefits, and your participation will be confidential.

If you would like to opt out and not receive a kit in the mail, please call 800.210.9122 by [August 27, 2020.]

If you are interested in having a different type of colon cancer screening, such as a colonoscopy, please contact your health care provider to discuss which screening is right for you. If you do not have a provider, call the number on your Cigna ID card or visit myCigna.com to find an in-network provider.

You're covered

With your Cigna-administered plan, it may cost you nothing extra.² Here's what you need to know.

- › The kit will be sent to you at no additional cost.
- › You will not pay any postage to return the kit.
- › There is no fee to process your test if you have 100% in-network preventive coverage.

Know the symptoms³

If colon cancer symptoms do occur, they may include:

- › Blood in or on a stool (bowel movement).
- › Stomach pain, aches or cramps that don't go away.
- › Unexplained weight loss.

Know your screening options⁴

FOBT/FIT (stool blood test)	Once a year.
FIT-DNA test (stool DNA test)	Once every one or three years.
CT colonography (virtual colonoscopy)	Once every five years.
Flexible sigmoidoscopy	Once every five years or as recommended by your provider.
Colonoscopy	Once every 10 years or as recommended by your provider.

Together, all the way.®



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Questions?

Visit the **myCigna® App** or website to:

- › **Learn about** your benefits.
- › **Find** a doctor or facility in your plan's network.
- › **Find** information about colon cancer screenings. Click on "**Wellness**," then search under "**Health Encyclopedia**."

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1. Centers for Disease Control and Prevention (CDC). "Basic Information About Colorectal Cancer." Page last reviewed 02/10/2020.
2. Depending on your plan, any follow-up visits with your provider may be subject to your plan's deductible, copay or coinsurance requirements. You will be financially responsible for the full cost of the test if you are no longer covered by the health plan at the time the test is returned. If you have questions about the costs under your specific health plan, call the number on your Cigna ID card. Plans may vary. Please review your plan documents for preventive care coverage details.
3. CDC. "What Are the Symptoms of Colorectal Cancer?" Page last reviewed 02/10/2020.
4. CDC. "Colorectal Cancer Screening Tests." Page last reviewed 02/10/2020.

The information provided in this document is for educational purposes only. It is not medical advice. Always consult with your provider for appropriate examinations, treatment, testing and care recommendations.

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