Among cancers that affect both men and women, colon cancer is the second leading cancer killer in the United States. 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. 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 symptoms
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 options
<table>
<thead>
<tr>
<th>Screening Option</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>FOBT/FIT (stool blood test)</td>
<td>Once a year</td>
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<tr>
<td>FIT-DNA test (stool DNA test)</td>
<td>Once every one or three years.</td>
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<tr>
<td>CT colonography (virtual colonoscopy)</td>
<td>Once every five years.</td>
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<tr>
<td>Flexible sigmoidoscopy</td>
<td>Once every five years or as recommended by your provider.</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>Once every 10 years or as recommended by your provider.</td>
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</tbody>
</table>

Together, all the way.
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.”