



Colorectal Cancer Screening

What You Need to Know

Colorectal cancer starts in the colon or rectum¹ and is a leading cause of cancer-related deaths, but it is highly preventable and treatable when detected early. Since early-stage colorectal cancer often has no symptoms, regular screening is essential. Adults aged 45–75 should undergo routine screening, while those with a family history or high-risk conditions may need earlier or more frequent tests.

Types of Colorectal Cancer Screenings

There are multiple screening options available, each with its own recommended frequency. The following chart outlines the different methods, but members typically undergo only one screening test based on their provider's recommendation.

Screening Method	Description	Frequency
Fecal Occult Blood Test (FOBT) / Fecal Immunochemical Test (FIT)	A stool test that detects hidden blood.	Annually
FIT (sDNA-FIT)	A stool test that looks for both blood and DNA changes associated with cancer.	Every 3 years
CT Colonography (Virtual Colonoscopy)	A specialized CT scan that creates images of the colon.	Every 5 years
Flexible Sigmoidoscopy	A procedure that examines only the lower part of the colon.	Every 5 or 10 years if combined with annual FIT
Colonoscopy	A procedure where a doctor examines the colon with a flexible tube and camera.	Every 10 years

Getting Started

Begin by consulting your doctor to determine the most suitable screening test based on your age, medical history, and risk factors. Additionally, your primary care provider (PCP) can provide an at-home test kit upon request.

Take Action Today!

Colorectal cancer screenings save lives. If you are between 45 and 75 years old, schedule your screening today. Early detection is key to prevention and better health outcomes.

¹<https://www.cancer.org/cancer/types/colon-rectal-cancer/about/what-is-colorectal-cancer>