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## Time to schedule your colon cancer screening?

### If you're age 50, do it today

We might not like to talk about it. However, anyone who's age 50 or older and at average risk for colon cancer should be screened.

This cancer is one of the most common found here in the United States — in both men and women. And most colon cancer occurs in people ages 50 and older.

### What's in it for you?

Screening tests are beneficial. It takes many years, maybe as long as two decades, for normal cells to develop into cancer. So these tests can find growths *before* they turn to cancer.

Plus, if you get checked and do have colon cancer, it's curable if found and treated early.

Your TRS-ActiveCare plan covers routine in-network colon cancer screenings (colonoscopies) at 100% with no deductible. Be sure to talk with your doctor to see what's right for you.

### Ask questions

You may have heard about this screening from friends and family. Maybe what you've heard makes you a little anxious. And you probably have questions.

It's always okay to go to your doctor with questions. This way, you both make sure you understand your health care.

#### Here are a few questions you might ask:

- I've heard there's more than one test for colon cancer. Which one is right for me?
- What will happen to me during the test?
- How will it feel?
- How do I get ready for the test?

And while you're at it, ask your doctor what other screenings are recommended for you.

For more information, visit the National Cancer Institute website at [www.cancer.gov](http://www.cancer.gov).

Get more health screening tips  
at [www.intelihealth.com](http://www.intelihealth.com).

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