

# At-Home Fecal Immunochemical Test (FIT) Kit



## Time for your colonoscopy?

You now have a more convenient option for colon health screening: an at-home test kit.

## What is the cost?

The test is free to members! It is a covered benefit under your Optima Health plan.

## Why should I complete a colorectal health screening?

According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

- Outcomes are better if it is discovered early.
- Advances in screenings and treatment have led to a significant decline in colorectal cancer deaths nationwide.
- Treatment and resources for colorectal cancer have significantly improved in recent years.
- Remember that screening and early detection are key to your health!

## What are the benefits of the at-home screening?

- Convenient screening test—sample collection supplies and pre-addressed envelope are all included.
- Can be completed in the comfort of your home, at anytime.
- No prep, anesthesia, or sedation required.
- Easy instructions provided to collect a single sample.
- You and your doctor will be notified of the results.

## How do I get more information?

You can receive more information on the FIT kit at [optimahealth.com/colonfacts](https://optimahealth.com/colonfacts) or by contacting member services at the phone number listed on the back of your member ID card.

If you have any questions about colorectal cancer screening, please contact your primary care provider.

**You may request a FIT kit at [optimahealth.com/colonhealth](https://optimahealth.com/colonhealth).**

