



Colon Cancer Screenings: What You Need to Know

Colorectal cancer (CRC) is a type of cancer that affects the colon or rectum. CRC screenings can help detect cancer in the early stages, when it may still be curable.

Certain groups of people are at a higher risk of CRC:

- Men
- Black adults
- Jews of Eastern European descent (Ashkenazi Jews)
- American Indians
- Alaskan Natives
- People who have a family history of CRC
- People with obesity or diabetes

Current guidelines suggest that people between the ages of 45 and 75 get screened for CRC.² If you have a family history of CRC, your healthcare provider may suggest that you begin testing earlier.

Colonoscopy is the most common way to diagnose colon cancer, but there are less invasive stool-based, at-home test kits that can detect issues as well. Check with your doctor to see if the following test options may be right for you.

High-Sensitivity Guaiac Fecal Occult Blood Tests

(gFOBT) Fecal Immunochemical (FIT) Tests

check for the presence of blood in the stool.

use antibodies to check for blood in the stool, and a

positive test result may indicate the presence of

polyps or CRC.¹

sDNA-FIT Tests use a combination of DNA biomarkers and the FIT Test to detect cancer within cells that shed from the lining of the colon and rectum.

If your stool-based test is positive, discuss your results with your healthcare provider, who will likely order colonoscopy to complete the screening process.

There are a few things you can do to reduce your risk of developing CRC:

Diet: Eat a wide variety of colorful, high-fiber foods and limit red meat (beef, pork, and lamb) and processed meats.

Exercise: Aim for at least 30 minutes of physical activity every day.

Alcohol: Drink alcohol in moderation, if at all. (Moderation is defined as up to 1 drink per day for women and up to 2 drinks per day for men.)

Smoking: If you use tobacco, create a quit plan today. Healthy lifestyle behaviors and early detection are two important tools to help prevent colorectal cancer.

1. Centers for Disease Control and Prevention (CDC). Colorectal Cancer Screening Tests. Last reviewed Feb 23, 2023. Accessed Aug 31, 2023.

2. U.S. Preventive Services Task Force (USPSTF). Colorectal Cancer: Screening. May 18, 2021. Accessed Sept 10, 2023.

3. American Cancer Society (ACS). Colorectal Cancer Risk Factors. Last Revised: July 19, 2023. Accessed Sept 19, 2023.



The Power of Prevention

Prevention is about taking action to protect your health. Detecting health problems early may help prevent or slow the progression to a more complicated medical condition.

Preventive care includes staying current on relevant health screenings, practicing self-care, and visiting your healthcare provider regularly for check-ups. Routine care helps you maintain good health, save on medical expenses, and live longer.

There are 3 main categories of health prevention:

1. Primary Prevention is when you make healthy lifestyle choices that reduce your risk of illness. Examples include healthy eating, getting vaccinations, and being physically active.

2. Secondary Prevention is when you stay current with recommended screenings and testing to help identify health concerns in the earliest stages.

3. Tertiary Prevention is when you take proactive steps to manage an existing condition in order to slow its progression and avoid complications.

The most powerful prevention plans incorporate strategies within all relevant categories.

Another aspect of prevention is learning how to recognize changes in your health. When you notice a change, it is important to connect with a member of your healthcare team without delay.

Here are just a few examples of changes that warrant a visit to your healthcare provider:

- Feeling a lump or growth anywhere on your body
- A fever that is above 103° Fahrenheit (39.4° Celsius) or lingers for more than three days
- A cough that will not go away
- Unexplained body aches or pains
- Severe or intense pain anywhere in your body
- Changes in your bowel movements or blood in your stool
- Moles or growths on your skin that have gotten worse
- Unplanned weight loss

Detecting health issues before they become more advanced is a key element of prevention. If you recognize a change in your health, take immediate action and seek guidance from a medical professional. Telehealth is also a convenient option if you live in a remote location or have scheduling challenges.

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Preventive Care Checklist

Staying up to date with health screenings and routine testing can help reduce your risk of preventable, chronic health conditions like diabetes, cancer, and heart disease.

The [US Preventive Services Task Force \(USPSTF\)](#) has up-to-date information on essential screenings that are designed to detect health problems early.¹ Screening recommendations are generally categorized by age, sex, associated medical conditions, and health risk factors.² Getting a wellness check-up every year is one way to stay current with recommended health screenings and tests. If it has been more than a year since you visited your healthcare provider, set aside some time and schedule an appointment right away. Annual wellness visits give you the opportunity to address medical questions and concerns with your provider. Here are some examples of preventive care to discuss with your provider:

Annual Wellness Visits

- General check-up (blood pressure, body temperature, height, and weight)
- Annual dental cleaning and exam
- Annual eye exam
- Well baby/child visits

Blood Work

Your healthcare provider may also recommend a number of blood tests that are necessary based on your age, health risks, symptoms, family history, and existing medical conditions.

Condition-Specific Screenings

- Stool-based colorectal cancer (CRC) screening test or colonoscopy
- Type 2 diabetes screening
- Mammogram
- Pap smear
- Prostate Cancer Screening
- Bone Density Screening

Immunizations

- Flu shot
- Pneumonia
- Hepatitis B
- HPV
- COVID-19
- Shingles
- Tetanus
- Child vaccination
- Any relevant travel vaccines

Other Screenings

- Alcohol use screening
- Sexually transmitted
- Depression screening
- Sexually transmitted infection (STI) testing
- Skin cancer screening

Certain health conditions may require ongoing testing and screening. The results of these tests can also help your healthcare team determine if your current treatment plan is working, or if changes may be needed. Prevention is a powerful tool that can help you avoid costly medical conditions and protect your health.

1. US Preventive Services Task Force (USPSTF). A & B Recommendations. Accessed Sept 13, 2023.
2. Centers for Disease Control and Prevention (CDC). Are You Up to Date on Your Preventive Care? Accessed Sept 13, 2023. 3. Centers for Disease Control and Prevention (CDC). Screening Recommendations and Considerations Referenced in Treatment Guidelines and Original Sources. June 6, 2022. Accessed Sept 8, 2023.

Top of Mindfulness

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May 13 - 24

Mindfulness is about slowing down, stopping, and being still. Learn about mindfulness and how to practice it every day. Set your personal goal, restore composure to your life—and earn points! Track your minutes in the challenge daily. Registration starts April 29th!



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Recipe

BRUSSELS SPROUTS WITH BALSAMIC GLAZE

Recipe Time | Servings
15 minutes | 6

Ingredients

- 3 cups fresh Brussels sprouts (about 12 ounces)

Balsamic Glaze:

- 1/4 cup balsamic vinegar
- 1 tablespoon honey, or to taste
- 1 teaspoon minced garlic
- 1 teaspoon minced peeled fresh ginger
- 1 teaspoon extra-virgin olive oil
- 1 small tomato, seeded and chopped
- Salt and freshly ground black pepper, to taste

Instructions

1. Remove any yellow leaves from the Brussels sprouts and rinse them thoroughly. Trim the bottoms and with the tip of a knife make an X in each stem and end to help the sprouts cook evenly.
2. Place a steamer basket inside a pot and add about 2 inches of water. Bring the water to a boil and put the sprouts in the steamer. Cover and steam over high heat for about 10 minutes until the sprouts are bright green and just tender, but still crisp.
3. While Brussels sprouts are cooking combine vinegar, honey, garlic, ginger, oil, tomato and salt and pepper in a blender and blend just until puréed.
4. Transfer puréed mixture to a nonstick pot and bring to a boil and then immediately reduce the heat to medium. Cook stirring frequently for about 5 minutes until the sauce is slightly syrupy.
5. Drizzle the sauce over hot Brussels sprouts and serve immediately.



Nutrition Facts

Calories	50
Total Fat	1g
Sodium	15mg
Carbohydrate	9g
Dietary Fiber	2g
Protein	2g

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Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** 1-888-209-7840
- **Online:** www.ResourceAdvisor.Anthem.com
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

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