



Be your own hero.

Taking a colorectal test may save your life.

If you're 50 or older, get a screening test for colorectal cancer today. Here's why:

- Colorectal cancer usually starts from a growth in the colon or rectum that shouldn't be there. This growth is called a polyp. Over time, polyps can turn into cancer.
- Some people with colon cancer have no symptoms at all. That's why regular testing, even if you feel fine, is so important.

Screening tests, like colonoscopies, can find polyps so they can be removed **before** they turn into cancer.

Other screening tests, such as tests for blood in the stool, can **find colorectal cancer early**, when the chance of being cured is greatest.

Getting tested is the most important step you can take to protect yourself. Call your doctor to schedule your test today.

For more information, please visit mycigna.com.

GO YOU[®]



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