

FIT Kits Free for You

The **Cologuard FIT kit** is a covered benefit under the Homestead medical plan. Take advantage of this free, convenient option for managing colorectal cancer, especially if you have risk factors placing you at higher risk.

Woods Services and Homestead have teamed up to offer you a FIT kit, a simple and painless test that you can do at home. The FIT kit can detect hidden blood in your stool, which can be a sign of colorectal cancer or other digestive issues. By completing the FIT kit, you can take charge of your health and potentially save your life.

- **Who:** For members **45 years of age and older** enrolled in Woods Services health plan.
- **What:** **Cologuard FIT kit**, or fecal immunochemical test kit, used to detect hidden blood in your stool which can be a sign of colorectal cancer or other digestive issues.
- **When:** Available now at **no cost to health plan members!**
- **Where:** At the **convenience of your home!**
- **Why:** To stop colorectal cancer in its tracks as early as possible.
- **How:** Engage with your primary care physician to have a Cologuard FIT Kit ordered to your home.

Risk Factors

Your risk of getting colorectal cancer increases as you get older. Other risk factors include:

- Inflammatory bowel diseases, such as Crohn's disease or ulcerative colitis
- A family history of colorectal cancer
- The presence of colorectal polyps (growths on thinner wall of the colon or rectum)
- Tobacco use
- Type 2 diabetes
- Alcohol consumption
- Lack of physical activity
- A diet low in fruit and vegetables
- A low-fiber and high-fat diet or a diet high in processed meats (bacon, hot dogs, etc.)

Screening Options

The Cologuard FIT Kit is one option out of a handful of modalities to screen for colorectal cancer.

No Cost

At Home Convenience

Less Invasive

Other options for colorectal cancer screening include:

- Colonoscopy (every 10 years)
- Computed tomographic colonography (virtual colonoscopy) (every 5 years)
- Double contrast barium enema (every 5 years)
- Flexible sigmoidoscopy (every 5 years)
- Fecal occult blood test (FOBT) (every year)
- Stool DNA test (sDNA) alone or combined with FIT, (e.g., Cologuard) (every three years)

Note: All recommendations are subject to change. Please see the American Cancer Society website for their most recent recommendations: [cancer.org](https://www.cancer.org)

