



**If you are 45 to 75 years old, you should
get a screening test for colorectal cancer**



**Call your PCP and make
an appointment today!**



What Is Colorectal (Colon) Cancer?

Colorectal (or colon) cancer is a disease where cells in the colon or rectum (parts of the intestine) grow out of control. In the United States, colorectal cancer is the 4th most common cancer in all people.

You may not have symptoms of colorectal cancer at first. That's why it is important to have routine screening for colorectal cancer.

These tests can:

- Find problems before the cancer grows more
- Find cancer early when it is easier to treat

Your PCP can help you find the best treatment for you.



**Get a \$50 gift card for going to your
first colorectal cancer screening!**

Health rewards are based on your age, health condition, and race or ethnicity. **If you are Black or African American and age 45 to 75, you can get a \$50 gift card after your first colorectal cancer screening.**

After your health visit, you will automatically get a \$50 gift card in the mail from San Francisco Health Plan (SFHP)! You do not have to fill out any forms to receive the gift card.

You must have your health visit by the end of the year to get the gift card. The gift card will be mailed to you 8 weeks after your visit. If you have moved recently, please call SFHP Customer Service to update your address to make sure you get your reward. If you have yet to get your gift card after 8 weeks, please call SFHP Customer Service.

If you have questions you can call San Francisco Health Plan Customer Service Monday through Friday, 8:30am to 5:30pm at **1(415) 547-7800, 1(800) 288-5555** (toll-free), or **1(415) 547-7830** (TTY).

If you are 45 to 75 years old, you should get a screening test for colorectal cancer

You have a higher risk for colorectal cancer if you:



Are any race/ethnicity and older than 50 years



Are Black/African American or of Eastern European descent



Eat a lot of red meat (like beef) or processed meats (like deli meat, hot dogs, or bacon)



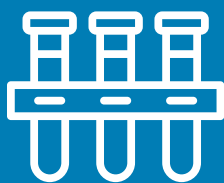
Have, or have had, colorectal polyps



Have inflammatory bowel disease (Crohn's disease or ulcerative colitis)



Have a family history of colon cancer



If you are not sure if you should get a colon cancer screening, talk with your primary care provider* (PCP). Ask which tests are right for you.

**Your primary care provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*

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**SAN FRANCISCO
HEALTH PLAN™**



Here for you