

# Quick. Private. Easy.



## What is a FIT kit?

FIT stands for fecal immunochemical test. FIT is a screening test to help detect early signs of colorectal cancer.

**A FIT test is an alternative to a colonoscopy.** FIT does not involve prep time, a bowel cleanout process or having a scope inserted in the rectum.

**FIT screening can be quick, private and easy.** You don't even have to leave your house. Just follow the instructions provided with the FIT kit. You'll obtain a stool sample and return it to a lab for testing. FIT helps with early detection by looking for hidden blood in the stool.

## Did you know?

According to the American Cancer Society, colorectal cancer is one of the leading causes of cancer-related deaths in the United States.

**But the five-year colorectal cancer survival rate tops 90% when caught early.**

**Preventive care is very important to your overall health.** You may be able to earn wellness incentive rewards from your health plan when you complete this preventive screening.

**If you have any additional questions, contact your health plan or your primary care physician (PCP).**

## FAQ Frequently asked questions about FIT screenings.

Below are some common questions and answers about the popular and convenient FIT as a colorectal cancer screening alternative.

### Q. How does a FIT kit work?

**A.** The FIT screening tests blood in the stool. The FIT test contains a small tube to collect a sample of stool. **Follow the step-by-step instructions in your FIT kit. The instructions will show you how to collect and return the sample to the lab.**

### Q. What are some of the other benefits of a FIT?

**A.** The FIT is a colorectal cancer screening alternative. It's convenient. **You can perform the test from the comfort of your home.** And there are no risks for complications.

### Q. Who receives the test results from my FIT?

**A.** You will be notified when your screening test results are sent to your primary care physician and to your health plan.

### Q. If my test result is positive, does that mean that I have cancer?

**A.** Not necessarily. FIT does not diagnose cancer. The FIT can detect various problems that can be treated when caught early. If your FIT result is positive, your doctor will recommend additional testing.

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