



Colorectal Cancer Screening – Free At-Home Test Kit

Colorectal cancer is the third leading cause of cancer-related deaths in the United States. Although it is one of the deadliest forms of cancer, it can be cured if caught early. Preventive screenings are the key to early detection.

A fecal immunochemical test (FIT) is a method of screening for colorectal cancer by detecting blood in your stool. You will not have to change your diet, fast, or make changes to your medications before completing the test. You will mail your sample to the processing lab in the prepaid return envelope provided. The lab will send you your results directly.

Request your free FIT kit today!

Who is eligible?

HMAA members between the ages of 50 and 75 who have not had a sigmoidoscopy in the last 5 years, a colonoscopy in the past 10 years, or a FIT in the last 12 months are eligible for a free at-home FIT kit. You must also be covered by an HMAA medical plan on the last day of the month your request is submitted.

Why should I take this test?

It is important to detect colon cancer early, when it may be easier to treat. A positive result means blood was detected in your stool sample. This may or may not be an indication of colon cancer. Positive results should be reviewed by your doctor, who may recommend additional screening.

How do I receive the free at-home FIT kit?

If you are eligible, visit hmaa.com/wellness to submit an online request form. Or you may contact our Wellness Team at **(808) 791-7635**, toll-free at **(800) 621-6998 ext. 635**, or email HMAAwellness@hmaa.com. We will review your request, then provide you with information on next steps and when to expect the kit.

How do I use the FIT kit?

Using the supplies and instructions provided, mail your stool sample to the processing lab. You will not have to change your diet, fast, or make changes to your medications. The kit will need to be completed within 30 days from receipt.

When will I receive my results?

After receipt by the processing lab, you should receive your results by mail within 7 to 14 days, and your results will also be available via Clinical Laboratories of Hawaii's online patient portal. We encourage you to schedule an appointment with your primary care physician (PCP) to review your results. If you do not have a PCP, please contact us.

For further information about our health and wellness benefits,
visit hmaa.com/wellness or facebook.com/HMAAwellness.

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