

# Colorectal Cancer Screening

## Free At-Home Test Kit



Colon cancer, the second leading cause of cancer-related deaths in the U.S., is curable if caught early with preventive screening. A fecal immunochemical test (FIT) is a method of screening for colorectal cancer by detecting blood in your stool. HMAA supports our members' health by helping you screen for colorectal cancer with a **free, easy-to-use, at-home test kit**.

### Who is eligible?

HMAA members between the ages of 45 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 test kit. You must be covered by an HMAA medical plan on the last day of the month your request is submitted.

### Why should I get tested?

The test kit is easy to use and done in the privacy of your home. It will detect any blood in your stool (bowel movement) and indicate whether or not you should do further screening. Results will be kept confidential and will only be shared with you and our Wellness Team to assist in coordinating follow-up care with a healthcare provider if your test result is positive.



### How do I receive the test kit?

Submit a request online at [www.hmaa.com/fitkit](http://www.hmaa.com/fitkit), scan this QR code, or contact our Wellness Team at **(808) 791-7635** or [HMAAwellness@hmaa.com](mailto:HMAAwellness@hmaa.com). Only members who meet the criteria are eligible for the kit.

SCAN HERE



### How do I use the kit?

The kit includes simple instructions about how to use it.

- You will not have to change your diet, fast, or make changes to your medications.
- Mail your sample to the processing lab in the prepaid return envelope within 30 days.

### When will I receive my results?

After mailing your sample, you should receive your results in 7 to 14 days, and your results will also be available on Clinical Laboratories of Hawaii's online patient portal. We encourage you to schedule an appointment with your doctor to review your results. If you don't have a doctor, contact us and we will help you find one.

For further information about our health and wellness benefits, visit [hmaa.com/wellness](http://hmaa.com/wellness).