ANXIOUS ABOUT SCREENING? THESE RESOURCES CAN HELP

It's quite natural to be nervous about CRC screening. Here are a few articles that can help you navigate anxiety surrounding your first screening:

- 6 Tips for an Easier Colonoscopy Prep
- How to Prepare for Your First Colonoscopy (and be happy about it)
- 8 Ways to Cope With Fear During the Screening Process
- Colorectal Cancer Screening Stories

AND you can also encourage your loved ones to get screened using these conversation starters.

COST OF SCREENING

IF INSURED

Most insurers will cover the cost of a preventive screening test if you are 50 years or older, but you may have to share the cost of a diagnostic screening test (if a polyp or tumor is found).

- Medicare (for those 65 and older): Coverage information on preventive screening can be found here.
- Medicaid (for those with limited financial resources): Coverage varies by state. Contact your state's health service department for specific coverage information.
- Private plans: Required to cover preventive screening for those 50 years and older but may not cover for younger individuals. Contact your health plan for specific information.

IF UNINSURED OR UNDERINSURED

The following resources can provide financial support or access to free or low-cost screening:

- Community health centers might offer free CRC screening—find your local community health center here
- Hospitals often run free or discounted screening programs for the uninsured
- ColonoscopyAssist
- The Blue Hope Program can help connect you to a suitable resource

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