



HAPPY BIRTHDAY!

Stay healthy and make it a good year.

Colon cancer screening, such as a colonoscopy or stool-based test, can detect or prevent cancer.

Speak to your health care provider today to ask:

- *When do I need to get screened, according to my specific risk?*
- *Which test should I get, and how are the tests different?*



Most insurance plans cover screening.

Call **311** for no- or low-cost screening options, or visit nyc.gov/health and search for **colon cancer** to learn more.



BÒN FÈT!

Rete an sante, epi pase yon bon ane.

Tès depistaj pou kansè nan trip, tankou yon kolonoskopi oswa tès pou pou, ka detekte oswa anpeche kansè.

Pale ak pwofesyonèl swen sante ou jodi a pou mande:

- *Kilè mwen bezwen fè yon tès depistaj, selon risk espesifik mwen?*
- *Ki tès mwen ta dwe fè, epi kijan tès yo diferan?*

Pifò plan asirans garanti tès depistaj yo.

Rele **311** pou opsyon nan tès depistaj ki gratis oswa bon mache oswa ale sou nyc.gov/health epi chèche "**colon cancer**" (kansè nan trip) pou jwenn plis enfòmasyon.

