



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.