An elderly man with white hair is sitting in a dark wooden chair in front of a large window. He is wearing a blue and white striped shirt and light-colored shorts. He is holding and reading a newspaper titled "Good Life". The newspaper has several articles, including one with the headline "Bride-to-be was seen looking another — who should know?" and another with "HER FASHION SE IS DE TO". The window behind him shows a view of green trees and a building. A white circular graphic is overlaid on the left side of the image, containing green text.


Have you  
scheduled your colon  
cancer screening?  
Stay up-to-date on  
your screenings.

## Men and women who are 50 and older, or have a family history of colon cancer, should be screened.

We recommend either a colonoscopy or a fecal immunochemical test (FIT). Screenings can help find precancerous polyps and detect cancer in its most treatable stages.



Have you had yours?  
Let us know so that we can update our records or help you schedule a screening.

A woman with long, wavy blonde hair and black-rimmed glasses is looking slightly to the right. She is wearing a blue denim jacket over a teal top and a necklace with a circular pendant. The background is a blurred outdoor setting.

Have you scheduled  
your mammogram?

Now's the time to  
double-check.

**Women should know how their breasts normally look and feel, and report any change to their health care provider right away.**

And women who are 40 and older should have a mammogram every year.



Have you had yours?  
Let us know so that we can update our records or help you schedule a screening.



A woman with blonde hair, wearing a teal patterned button-down shirt and a large, chunky necklace, is looking down at her smartphone. The background is blurred, suggesting an outdoor setting. The image is framed by a yellow border.

**Have you scheduled  
your Pap test?**

**Don't stress. It's an  
easy exam.**

## Getting a Pap test is easy.

It's part of a regular pelvic exam, and it's the only way to find cervical cancer.



Have you had yours?  
Let us know so that we can update our records or help you schedule a screening.