

Be colorectal cancer aware

Your colon is a vital organ that plays a key role in the digestive system. Identifying signs of precancerous growths can help prevent the development of colorectal cancer.



Scan the QR code to learn about an inspiring story.



What is FIT?

FIT (Fecal Immunochemical Test) is a non-invasive screening test that detects blood in the stool that is invisible to the naked eye.



Who should consider a FIT screening?

The U.S. Preventive Services Task Force recommends screening for adults aged 45 to 75 with an average risk of colorectal cancer.*



What does the screening provide?

FIT is easy to do. It detects hidden blood in stool which may be a sign of cancerous or precancerous growths. If found, further testing such as a colonoscopy is recommended.

Get tested and take control of your health

Regular screening with a FIT (Fecal Immunochemical Test) is crucial for maintaining good colorectal health and can potentially save your life.



- Log in to your account at ymca.optumengage.com
- Locate the **Biometric Screening** tile on the main page or on the **Explore Tab** under **Rewardable Activities**
- Select **Schedule a Screening**
- You will be taken to **LetsGetChecked** to complete your registration

*You have an average risk of colorectal cancer if you have no family history of colorectal cancer, or personal history of colorectal cancer, other cancer, polyps, inflammatory bowel disease, or any other specific risk factors for colorectal cancer.