



# 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](https://nyc.gov/health) and search for **colon cancer** to learn more.





# 生日快樂!

## 身體健康，幸福一年。

大腸鏡檢查或糞便檢驗等大腸癌篩檢可檢測或預防癌症。

### 立即與您的醫療保健提供者聯絡，詢問下列問題：

- 根據我的特定風險情況，我需要在何時接受篩檢？
- 我應接受何種檢驗，這些檢驗有何不同？

大部分保險計畫均給付篩檢費用。

請致電 311 瞭解免費或低價的篩檢選擇或造訪 [nyc.gov/health](https://nyc.gov/health) 並搜尋「colon cancer」（大腸癌），以瞭解更多相關資訊。

