

Employer wellness newsletter



Colorectal cancer screenings saves lives

Making time for regular colorectal cancer screenings is an important part of protecting your health and peace of mind. That's because colorectal cancer is the third most common type of cancer among adults,¹ but it often doesn't show any symptoms, especially at first. Regular screenings are the best way to find colorectal cancer early, when it's easier to treat.

What is colorectal cancer?

- Colorectal cancer is when growths in the colon or rectum called polyps turn into cancer. Polyps don't always turn into cancer, and if they do, it often takes many years. That's why regular screenings are so effective — they can detect polyps when they're still harmless and easy for a doctor to remove. The survival rate for colorectal cancer is about 90% when it's caught early.²

How can I reduce my risk for colorectal cancer?

- Some factors that increase the risk of colorectal cancer are out of your control, like age, race, a family history of colorectal cancer, or having inflammatory bowel disease (IBD). However, there are several things you can do to reduce your risk of colorectal cancer and protect your whole health at the same time:
 - Exercise regularly
 - Maintain a healthy weight
 - Eat a high-fiber, low-fat diet rich in fruits, vegetables, and whole grains
 - Quit or avoid smoking
 - Drink alcohol in moderation or not at all

1 American Cancer Society: Colorectal Cancer Facts and Figures (accessed July 2022): [cancer.org](https://www.cancer.org).

2 American Cancer Society: Colorectal Cancer Facts and Figures (accessed July 2022): [cancer.org](https://www.cancer.org).



Consultant's corner

I was 32 when I had my first colonoscopy. Although the average age is 45, my younger sister nudged me to schedule it after completing hers. Our mother had polyps develop in her early 40s. So, although relatively young, this family history promoted our proactive approach. I opted for a colonoscopy. It was an experience; not too uncomfortable, but grateful my next one is years away. Luckily today, there are home test kits available and due to marketing, more people are aware of their availability, accessibility, and affordability. It is beneficial to meet with your doctor to discuss your options and elect which is the best for you – a colonoscopy or a home test kit.

Anthem members are encouraged to undergo colorectal screening when eligible. Early detection and monitoring are important and, if necessary, can lead to better treatment outcomes and quality of life. You can support your employees during Colorectal Cancer awareness month by:

- Promoting colorectal cancer screening
- Providing additional information resources
- Incentivizing healthy activities (i.e. colorectal screenings)
- Sharing personal stories

For wellness strategies on this topic and others, reach out to your Anthem account manager or health promotion manager today.



Anthem Well-Being Consultant,
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A healthy tip for your employees

Talk to your doctor about colorectal cancer screenings. To find a doctor near you, use the SydneySM Health app or go to [anthem.com](https://www.anthem.com).



Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

UPCOMING VIRGINIA EVENTS

March 17-19 | Virginia Beach

Anthem Shamrock Half Marathon

This 13-mile family-friendly course will take registrants through an easy to navigate, flat course that works for kids age 12 and up through adults. A post-event Shamrock party is just part of the fun.

The Anthem Half Marathon was voted one of the best half marathons in the country by Runner's World Magazine and sells out every year. Register today so you don't miss out!!

Visit shamrockmarathon.com to learn more

March 25 | Gloucester

Gloucester Educational Foundation 3K/8K Run/Walk & Virtual 5K Event.

Proceeds are used to help support educational endeavors through the Gloucester County Educational Foundation for Gloucester County Public Schools.

Visit:

<https://runsignup.com/Race/VA/Gloucester/GloucesterCountyEducationalFoundation8KRun3KWalk4thAnnual> to learn more.

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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