TAKE THIS TO YOUR NEXT APPOINTMENT

YOUR 45 CHECK-IN.

Check off what you want to ask. Bring it to your doctor, or keep it on your phone.

DOWN THERE

Your colon

- [ ] Am I due for colorectal cancer screening?
- [ ] Which test fits me: an at-home stool test, a colonoscopy or another option?
- [ ] Does my family history change when or how I should be screened?
- [ ] What will it cost me, including a follow-up colonoscopy if one is needed?

UP HERE

Your mind

- [ ] Can we talk about how I've been doing lately?
- [ ] Could my sleep, stress or mood be affecting my health?
- [ ] Can you refer me to a therapist or counselor in my network?
- [ ] What does my plan cover for mental health visits?

Things I've been calling "nothing"

The 3am wake-ups. The short fuse. Sitting in the car before going inside. Write them down.

988 Lifeline
Call or text 988 · 24/7

SAMHSA Helpline
1-800-662-4357 · 24/7

NAMI HelpLine
1-800-950-6264 · M–F 10–10 ET

Colorectal Cancer Alliance
(877) 422-2030

Check Both Ends is made and run by MOD. General education, not medical advice. If you have symptoms such as rectal bleeding or a lasting change in bowel habits, talk to a doctor now rather than waiting for screening.