PREVENTIVE CARE SHOULDN’T STOP AT ONE END

YOUR BENEFITS MAY COVER BOTH ENDS.

At 45, most of us book the colon screening. Almost nobody books the check-in for their head. Here’s where to start with both, using what you already have.

UP HERE

Talk to someone.

Many employers offer an Employee Assistance Program (EAP) with free, confidential short-term counseling. Your health plan can also find in-network therapists.

OUR EAP

DOWN THERE

Get screened at 45.

Most health plans must cover colorectal cancer screening for adults 45 to 75 with no copay when you use an in-network provider. Check your plan for details.

BENEFITS CONTACT

ONE APPOINTMENT EACH

Check on your colon and your head. Even if there’s nothing to talk about.

CHECK BOTH ENDS.

In crisis? Call or text 988, free and 24/7. Check Both Ends is made and run by MOD. General education, not medical advice.