

Cancer screenings in Hawaii decreased last year due to the COVID-19 pandemic. Don't delay your cancer screenings and care.



60% of colorectal cancer deaths could be prevented with screening.

If you're 50 years or older or have a family history of colon cancer, talk to your primary care provider (PCP) about the screening method and frequency that are best for you.

Cancer screening checklist:

- Talk to your PCP about the right time to get a screening.
- Talk to friends and family about colon cancer screenings.  
(TIP: Screenings aren't as unpleasant as they were 10 years ago!)
- Make an appointment to get screened.

**Need a doctor?** Use the Find a Doctor tool at [hmsa.com/eutf](https://hmsa.com/eutf). Or call us at (808) 948-6499 or 1 (800) 776-4672.

Don't wait until it's too late.



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