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. Or call us at (808) 948-6499 or 1 (800) 776-4672.

Don’t wait until it’s too late.