Big ones, small ones, everyone’s got one. We're talking about bums, bottoms and buttocks. It's true, and it’s important that you take care of yours. This March, we are focusing on Colorectal Cancer Awareness, because colorectal cancer is the fourth common type of cancer in the US. There are more than 100,000 new cases each year. But with early detection more than half of those deaths could be prevented. Typically, it’s not necessary to participate in colorectal cancer screenings until the age of fifty. But early detection can help to ward off the disease before it even has a chance to turn into a serious condition. Remember to remind your loved ones to get screened because that screening has the potential of saving lives.

For more information, contact your plan provider.

Beyond Colonoscopies – 3 Tests to Catch Colorectal Cancer

colon health blog - March.pdf

- Health Alliance’s blog is a trusted source of wellness information for our members – and for people throughout the State of Illinois. Among our regular articles, we feature a monthly piece https://blog.healthalliance.org/ dedicated to the State’s current wellness topic.
- Health Alliance created this short educational video to answer the most common questions our members have. Our guest this month is Dr. Robert Good, DO, Chief Medical Officer at Health Alliance. https://vimeo.com/391255100/22c6711f65
- For more wellness tools, tips and resources visit HealthAlliance.org/Wellness.

For the latest on health and wellness events and webinars, visit CMSHealthChallenge.illinois.gov Or, visit CMS’ Latest News page.

- View up to date information on how Illinois is handling the Coronavirus Disease 2019 (COVID-19) from the Illinois Department of Public Health