Log on to your *my*HealthPartners account at **healthpartners.com** to find a doctor. Or, download the **myHP** mobile app to search for care on your smart phone.

Avoiding a colonoscopy?

**If so, consider the FIT**

Regular colon cancer screenings are so important. They help catch cancer early, when treatment is most successful.

If a colonoscopy makes you nervous, ask your doctor about other options. One alternative is the FIT, a stool test you do at home with no special diet to prepare for it. Learn more at **healthpartners.com/fit**.

Make sure you’re healthy for years to come. Don’t delay. If you’re over 50, schedule your colon cancer screening today.