

Dear John,

It was a pleasure speaking with you as part of the Family CARE Project. During our conversation, we discussed the steps you can take to get a colonoscopy. If you have already moved forward with your plan, that is fantastic! If you have not yet started your plan, here is a reminder of how you can get your colonoscopy:



## Your Colonoscopy Plan

- 1 Contact a physician to obtain a referral
- 2 Contact a colonoscopy center to schedule an appointment
- 3 Confirm that the colonoscopy center will verify insurance coverage
- 4 Arrange a free day
- 5 Find someone to drive you

You indicated that your first step to protect your health is to contact a physician to obtain a referral.

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You indicated you would take this first step in 1-2 months.

Please call our toll free number

All the best,

**The Family CARE Project Staff**

if you need help to complete these steps.