

PROVIDER QUICK POINTS

PROVIDER INFORMATION



December 22, 2021

Colorectal Cancer: Screening Age Range Update

In accordance with the updated USPSTF Grade B recommendation that adults aged 45-49 receive colorectal cancer screening, Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) has updated their medical coverage for preventive visits to expand to cover the new age range (previously, it was 50 to 75 years).

This preventive coverage applies to adults 45 years and older who do not have signs or symptoms of colorectal cancer and who are at average risk for colorectal cancer (i.e., no prior diagnosis of colorectal cancer, adenomatous polyps, or inflammatory bowel disease; no personal diagnosis or family history of known genetic disorders that predispose them to a high lifetime risk of colorectal cancer [such as Lynch syndrome or familial adenomatous polyposis]).

This recommendation can be implemented by screening all adults aged 45 to 75 years for colorectal cancer. Several recommended screening tests are available. Clinicians and patients may consider a variety of factors in deciding which test may be best for each person. For example, the tests require different frequencies of screening, location of screening (home or office), methods of screening (stool-based or direct visualization), preprocedural bowel preparation, anesthesia or sedation during the test, and follow-up procedures for abnormal findings.

Recommended screening strategies include:

- High-sensitivity guaiac fecal occult blood test (HSgFOBT) or fecal immunochemical test (FIT) every year
- Stool DNA-FIT every 1 to 3 years
- Computed tomography colonography every 5 years
- Flexible sigmoidoscopy every 5 years
- Flexible sigmoidoscopy every 10 years + annual FIT
- Colonoscopy screening every 10 years

Blue Cross will expand the pharmacy drug coverage for bowel preparatory drugs for members aged 45-49 in May 2022. In the interim, drugs may be covered if they are included on the member's current formulary.

Questions?

If you have questions, please contact provider services at **(651) 662-5200** or **1-800-262-0820**.