

# FIT Mail Out Initiative

Starting in January 2022, eligible Albertans aged 50 to 74 will have the option to order a Fecal Immunochemical Test (FIT) online at [ScreeningforLife.ca](https://screeningforlife.ca) or by calling AHS Screening Programs.

Eligibility will be determined through a self-assessment questionnaire. Individuals who meet FIT's average risk criteria and are currently due for screening will be mailed a test directly to their home.

## Why a FIT Mail Out initiative now?

As a result of the COVID-19 pandemic, the existing gap in Alberta's colorectal cancer screening rates has increased. Delays in screening and missed colorectal cancer diagnoses will disproportionately burden and affect those living in rural or remote areas of the province, the underserved as well as those living in low socioeconomic environments.

Implementation of this initiative provides Albertans with options to access screening, helps to address patient barriers and works to overcome health disparities.

## What does the evidence say?

Mailed FIT programs<sup>1</sup>:

- Are an effective way to screen more patients (i.e., improved rates of colorectal cancer screening).
- Can lessen the burden on primary care physicians to discuss and recommend screening during office visits.
- Can address health disparities and are cost-effective.
- Patients appreciate having options when it comes to accessing screening.

## Who is the ordering physician for FITs that are mailed out?

Dr. Huiming Yang, Medical Director with AHS Screening Programs, will be listed as the ordering physician for all FIT kits ordered through the online and phone system. More information about test results and follow-up care is listed on the next page.

## How will Albertans learn about the FIT Mail Out option?

Albertans will receive a letter **when they turn 50** inviting them to get screened for colorectal cancer.

Albertans receiving a normal FIT result letter will learn about online ordering for their next FIT. The letter will include the following information:

### There are 2 easy ways to get your free FIT!

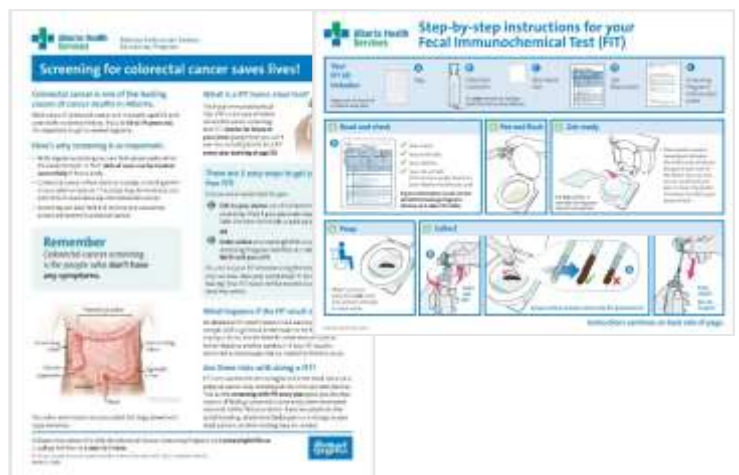
Choose what works best for you.

➔ **Talk to your doctor** about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.

OR

➔ **Order online** at [screeningforlife.ca](https://screeningforlife.ca) or call AHS Screening Programs toll-free at 1-866-727-3926. **We'll mail you a FIT.**

## FIT Mail Out patient resources:



Visit [screeningforlife.ca](https://screeningforlife.ca) for more information and patient resources.

1. Gupta, S. et al. (2020). Mailed fecal immunochemical test outreach for colorectal cancer screening: Summary of a Centers for Disease Control and Prevention-sponsored Summit. *CA: A Cancer Journal for Clinicians*, 70(4), 283–298. <https://doi.org/10.3322/caac.21615>