

45 is the New 50 (for Colorectal Cancer Screening)

The U.S. Preventive Services Task Force (USPSTF) recently expanded recommended adult colorectal cancer screening to those aged 45 to 49 years.¹

Previous recommendations were for screening starting at age 50 and continuing to age 75 with screening in adults aged 76 to 85 years being an individual decision and no screening recommended after age 85.

Why the change? USPSTF cites evidence that:¹

- > An estimated 10.5% of new colorectal cancer cases occur in persons younger than 50 years.²
- > Incidence of colorectal cancer (specifically adenocarcinoma) in adults aged 40 to 49 years has increased by almost 15% from 2000-2002 to 2014-2016.³
- > In 2016, 25.6% of eligible adults in the US had never been screened for colorectal cancer⁴
- > In 2018, 31.2% were not up to date with screening.⁵

Recommended Screening Options

Screening tests include colonoscopy, flexible sigmoidoscopy, FIT* (FOBT) or FIT-DNA (Cologuard). Screening should include all eligible adults (see exclusions below), ages 45 to 75.

FIT testing is an at-home test that can be mailed directly to our Intermountain Central Lab from the patient's home. Once the lab receives and processes the test, they will report the results to primary care providers (PCPs) in the usual manner.

Exclusions: Adults eligible for FIT testing must **NOT** have ANY of the following:

- > Personal history of polyps or colon cancer
- > Hemorrhoids
- > Ulcerative colitis or Crohn's disease
- > Visible blood in the stool or on toilet paper
- > Currently taking blood thinner
- > A previously positive FIT test

Other Considerations:

- > All positive FIT tests require a follow-up colonoscopy to complete colon cancer screening, which should be scheduled as soon as possible.
- > Anyone who has had a normal colonoscopy within the appropriate screening timeframe need not take a FIT test.

Billing & Coding

Providers billing for an annual wellness visit (G0438 or G0439) should discuss age-appropriate preventive services and bill with one of these two diagnoses:

1. **Z00.00** - Encounter for general adult medical examination without abnormal findings \
2. **Z00.01** - Encounter for general adult medical examination with abnormal findings

NOTE:

If a member receives a FIT kit during a visit, you can report code **G0328** as well as the diagnostic code of **Z12.11**.

Learn more by accessing:

- > The Center for Medicare & Medicaid Services (CMS) information on [Annual Wellness Visits \(AWVs\)](#)
- > [The SelectHealth Preventive Screening policy](#)

Documentation

Use a provider visit note to update patient records and communicate to other teams when colorectal cancer screening (CRC) was last completed. Please add CRC screening information (i.e., **date of service** and **type of screening**) to patient records during visits.

Ordering FIT Tests

1. **Sign up** to use Intermountain Laboratory Services via our [Lab Outreach Services team](#).
2. **Once you have signed up**, order FIT test kits online at the [Central Lab website](#).

NOTE: The test is listed as "FOBTI w/mailer 32001930" under "Miscellaneous," rather than under the "Stool Collection" category on this online order form.

3. **Give the patient a lab requisition to put in the mailer, and advise them to label their specimen.** The lab cannot process the sample if not identified properly and without an order from the provider included.

* The fecal immunochemical test (FIT), also referred to as an immunochemical fecal occult blood test (iFOT), detects occult (hidden) blood in the stool, which can indicate precancerous polyps or colorectal cancer. SelectHealth promotes FIT testing over Cologuard testing because of its accuracy, cost, and frequency (see "Learn More").

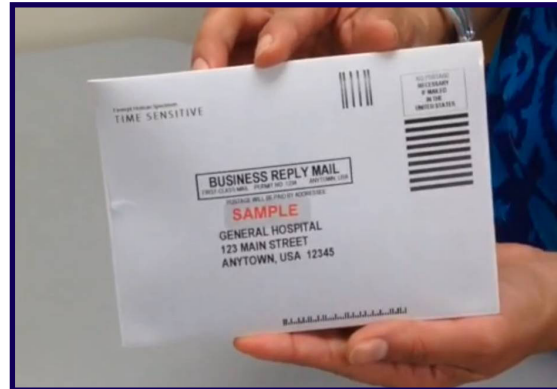
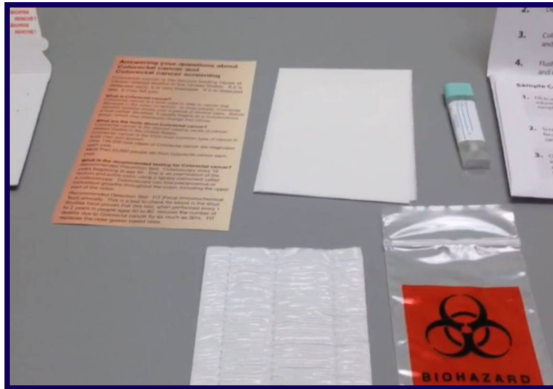
** Regular cost-sharing will apply to the follow-up services.

45 is the New 50, Continued

Why FIT Testing?

Stool-based screening tests are less invasive and more convenient, especially during the COVID-19 (novel coronavirus) pandemic. For those eligible for these at-home tests, SelectHealth promotes FIT testing. FIT is reimbursed by all major insurance companies and Medicare; it reduces long-term treatment costs, increases practice revenue and saves the healthcare system billions per year. The U.S. healthcare system as a whole saves \$15 billion annually treating CRC patients at an early stage.⁶

We use the [Polymedco FIT kit](#) for our colorectal cancer screening program. [Learn more](#). In addition, their [product video for patients](#) provides helpful step-by-step instructions on how to use the kit.



Questions?

Use the contact information below:

- > Order and process FIT tests: Contact either [Mandy Anderson](#), Intermountain Central Lab, or [Amy Bone](#), SelectHealth.
- > Schedule a colonoscopy for those who have positive FIT tests:
Call the Member Advocates team at **801-442-4993** (Salt Lake area) or **800-515-2220**.

References

1. U.S. Preventive Services Task Force. *Final Recommendation Statement - Colorectal Cancer: Screening*. May 18, 2021. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening#fullrecommendationstart>. Accessed September 13, 2021.
2. Siegel RL, Miller KD, Fedewa SA, et al. Colorectal cancer statistics, 2017. *CA Cancer J Clin*. 2017;67(3):177-193. Medline:28248415 doi:10.3322/caac.21395
3. Montminy EM, Zhou M, Maniscalco L, et al. Contributions of adenocarcinoma and carcinoid tumors to early-onset colorectal cancer incidence rates in the United States. *Ann Intern Med*. 2021;174(2):157-166.
4. Centers for Disease Control and Prevention. *Quick Facts: Colorectal Cancer Screening in U.S.: Behavioral Risk Factor Surveillance System—2016*. <https://www.cdc.gov/cancer/colorectal/pdf/QuickFacts-BRFSS-2016-CRC-Screening-508.pdf>. Accessed March 30, 2021.
5. Joseph DA, King JB, Dowling NF, Thomas CC, Richardson LC. Vital signs: colorectal cancer screening test use—United States, 2018. *MMWR Morb Mortal Wkly Rep*. 2020;69(10):253-259.
6. Polymedco, Inc. Website. <https://www.polymedco.com/physicians>. 2020. Accessed September 13, 2021.