

Bowel screening  
**GET BEHIND IT!**

# STAY STRONG. STAY CONNECTED. STAY SCREENED.

Do the **FREE** bowel screening test every **TWO YEARS** from age 45.

Even if you feel healthy, the test can find early warning signs before cancer develops.

Screening is **simple, private,** and **free.**

Look after your health so you can stay strong and connected with your mob.

- Free for people aged 45–74 with a green Medicare or DVA card
- If you're 45–49, request your first kit.
- If you're 50–74, you'll automatically get a kit in the mail every two years.



## There are two ways to do the test:

1. If you're aged 50-74 you'll be sent a **FREE** kit in the mail every **TWO** years. Make sure your address is up to date with Medicare. If you're aged 45-49, you can request your first **FREE** kit to be mailed to you at [www.health.gov.au/nbcsp](http://www.health.gov.au/nbcsp) or by phoning **1800 627 701**.
2. If you haven't received your kit or have concerns about doing a bowel screening test, have a yarn with your doctor, nurse, or Aboriginal and Torres Strait Islander Health Worker - they can give you a kit or order one for you.

Completing a bowel screening test every **TWO** years can help make sure you stay healthy and strong and continue to enjoy time with family, loved ones, and community.

The test is clean and easy to do. Have a yarn with your doctor, nurse, or Aboriginal and Torres Strait Islander Health Worker who can answer any questions.

Your GP or Aboriginal and Torres Strait Islander Health Worker can help you get the test, show you how to do it, and give you your result. You will also be sent a copy of your result.

## Changed address recently?

Make sure your details with Medicare are up to date to get your **FREE** bowel screening test in the mail every two years to stay healthy.

Bowel cancer screening is something everyone from the age of 45 can do to stay healthy and strong to spend time with loved ones and community.

## For more information

For more information, have a yarn with your doctor, nurse, or Aboriginal and Torres Strait Islander Health Worker about making bowel cancer screening part of your routine health care or visit [www.health.gov.au/nbcsp](http://www.health.gov.au/nbcsp).

“ It's important to do the free test when it comes in the mail, or to talk to your health professional if you don't receive it. It helps our mob stay healthy and strong and look after our families.”

**Dr Joel Wenitong, Gubbi Gubbi**

