

ANDRÉ IS AN IDIOT

BIFF CALL2ACTION Program

Co-presented by Boulder Community Hospital



Action 1: LEARN ABOUT LOCAL HEALTH CARE SERVICES

Boulder Community Health (BCH) is a community-owned, nonprofit health system dedicated to providing high-quality, high-value care to individuals and businesses in Boulder and surrounding areas. Known across Colorado for clinical excellence, BCH offers a wide range of services, including cardiology, maternity, stroke care, orthopedics, geriatrics, cancer care and more.

- Learn more about providers and services: [BCH.org](https://www.bch.org)
- Sign up for updates on health news, lectures, and events: [BCH.org/news](https://www.bch.org/news)

Action 2: START THE CONVERSATION ABOUT COLORECTAL CANCER SCREENING

Talk with your primary care provider about your personal risk factors, family history, and the benefits of screening. Screening is recommended for individuals age 45 and older (age 50 for some insurance plans), as well as those at higher risk. Colorectal cancer is one of the leading causes of cancer-related death in the United States, but it is also preventable, treatable and beatable when detected early. Learn more about gastroenterology services and colorectal cancer screening at BCH and access community education lecture videos: [BCH.org/gastro](https://www.bch.org/gastro)

Action 3: LEARN ABOUT THE PROCEDURE

Understanding what to expect can help you feel more comfortable and prepared. A colonoscopy includes:

- Simple at-home preparation
- Sedation during the procedure
- A short recovery period

To watch an educational video about the process, visit Gastroenterology of the Rockies:

[GastroRockies.com](https://www.gastrorockies.com)

Action 4: CHECK YOUR INSURANCE COVERAGE

Before scheduling, review your insurance details to understand:

- Coverage for screening colonoscopy
- Copays or deductibles
- Any potential out-of-pocket costs

This helps you plan ahead and avoid unexpected expenses.

Action 5: SCHEDULE YOUR SCREENING

When you're ready, schedule your screening colonoscopy at an Endoscopy Center of the Rockies location in Boulder, Lafayette, or Longmont. To book your appointment, visit Gastroenterology of the Rockies: [GastroRockies.com](https://www.gastrorockies.com)