

# STAY HEALTHY AND STRONG.

If you are aged 50-74, registered with Medicare, and your address is up to date, you will receive a free bowel screening kit in the mail every 2 years.

Screening for bowel cancer is simple, private, and free.

Speak to your health professional or visit [indigenoussbowelscreen.com.au](https://indigenoussbowelscreen.com.au)



*“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



**Stay up to date with a bowel cancer screening test every 2 years.**

- My last bowel cancer screening test was: \_\_\_\_\_
- My next bowel cancer screening test is due: \_\_\_\_\_

For more information, have a yarn with your health professional about making bowel cancer screening part of your routine health care or to order a replacement kit visit [indigenousbowelscreen.com.au](https://indigenousbowelscreen.com.au)

