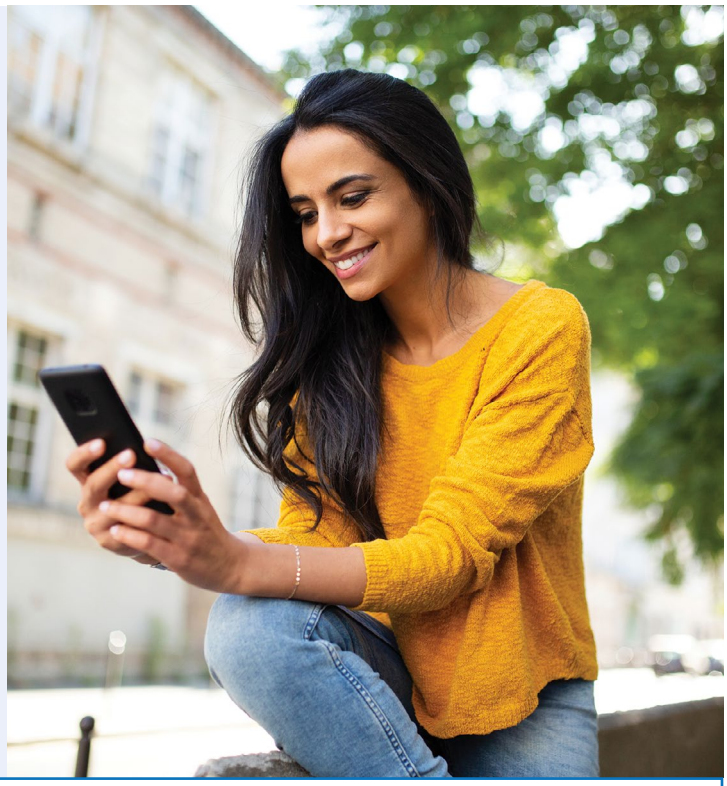
US FAMILY HEALTH PLAN

Home Testing Toolkit

An Educational Guide to Help You and Your Loved Ones Take Charge of Your Health through USFHP's Partnership with LetsGetChecked®

This is an informational toolkit to provide you and your family with knowledge and resources related to Home Testing. In this toolkit, you'll learn about 3 important preventive health tests, the benefits of at-home testing, and USFHP's partnership with LetsGetChecked®.

- **Home testing** simply refers to convenient health screening kits that you can use in the privacy of your own home, without needing to visit a doctor's office or a lab. At-home testing is a smart and easy way to protect your health, and staying on top of key screenings can make a real difference.
- This year USFHP has again partnered with LetsGetChecked®, a healthcare technology company that provides at-home lab testing kits. The goal of this partnership is to bring convenient, no-cost health screening tests directly to eligible USFHP members.



In 2026 USFHP is focusing on 3 important tests for eligible members. FIT[1] tests for colon cancer screening, HPV[2] testing for women's health, and HbA1c[3] testing for diabetes screening. Here are why these tests matter:

LetsGet Checked

- **FIT tests:**
  Colon cancer is the third most common cancer in the U.S., but regular screening can reduce your risk of having a bad outcome. (Society, American Cancer Society, 2026). At-home FIT tests detect hidden blood in stool that may signal cancer or precancerous polyps.

- **HPV testing:**
  Cervical cancer can be caused by high-risk HPV. Regular screening catches changes before they become cancer. (Society, American Cancer Society, 2026)

- **HbA1c tests:**
  More than 1 in 3 U.S. adults has prediabetes. (CDC, 2023) HbA1c testing shows average blood sugar over the past 2–3 months so you and your doctor can make decisions about your care early.

[1] Fecal Immunochemical Test
[2] Human Papillomavirus
[3] Hemoglobin A1C

Prevention is best!

These tests help detect issues early, when they are easiest to manage. Preventing health problems before they start is far more powerful—and often far less painful—than trying to treat them after they've taken hold.

Home testing is valid and reliable!

LetsGetChecked® is a leading provider of at-home lab test kits. The tests are processed under strict quality standards in certified and accredited laboratories. **These are the same quality standards that hospitals and clinics utilize** so that you and your healthcare provider can make the best decisions for your health.

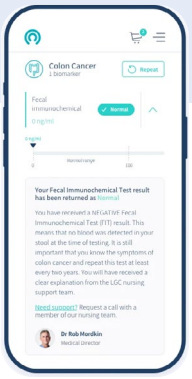
Are you eligible to receive a test kit?

Not everyone needs testing. You may be eligible for these tests if you:

- ✓ **Are age 45–75 (FIT test for colon cancer screening)**
- ✓ **Are a female age 21–64 without a history of total hysterectomy (HPV/cervical screening)**
- ✓ **Have diabetes or are at risk for diabetes (HbA1c)**
- ✓ **Have not had these screening tests recently**

How it works:

Through the USFHP and LetsGetChecked® partnership, eligible members receive at-home test kits mailed directly to their home at **NO COST.** You collect a sample at home, mail it back in a prepaid envelope, and receive secure online results in about 2–5 business days, plus follow-up support if needed. Results are also shared with your primary care provider.



Benefits of Home Testing

- **Convenience:**
  No appointment to schedule, no time off work, no bowel prep for colon screening. On your schedule in the privacy of your own home.
- **Peace of Mind:**
  Through knowing that you've taken steps to protect your long-term well-being.
- **Privacy & Comfort:**
  Especially helpful for HPV self-swab (no pelvic exam required) or colon cancer screening (simple stool sample).
- **Early Detection Saves Lives:**
  FIT testing can reduce colorectal cancer death risk by up to 33%. (JAMA, 2024) HPV testing identifies high-risk strains of the HPV virus linked to cervical cancer so you can follow up promptly. HbA1c helps track diabetes control or prediabetes risk before complications arise.
- **Encourages Regular Screening:**
  Easier access means you're more likely to stay up to date—critical for ages 45+ (colon), 21–64 (cervical/HPV), or anyone managing or at risk for diabetes.

When will I get my home-testing kits mailed to me?

If eligible:

- ✓ **HPV test kits will be mailed in late spring of 2026**
- ✓ **FIT test kits will be mailed in summer of 2026**
- ✓ **HbA1c test kits will be mailed in fall of 2026**

Steps to Get Tested with Your LetsGetChecked® Kit

1. **Check your mail:** If eligible, your free kit(s) will arrive with clear instructions and a prepaid return envelope.
2. **Collect your sample: Colon (FIT):** Small stool sample (no special diet or prep). HbA1c: Simple finger-prick, one drop of blood. HPV: Quick vaginal self-swab.
3. **Mail it back:** Drop in any mailbox the same day you collect (Monday–Friday recommended).
4. **Get results:** View secure results in 2–5 days. A clinical team member may call if follow-up is needed. Your doctor will also receive results. A Nurse Care Manager at USFHP will call you regarding any abnormal results.
5. **Follow up:** Discuss results with your USFHP provider to plan next steps such as further testing or changes to your care plan.

Results are fast and confidential

Routine (normal) results are available securely online through the LetsGetChecked® website within in 5-7 business days if you sign up.

If your results require follow-up

(i.e., blood detected in stool sample, certain types of viruses found in HPV samples, or a HbA1c level above 8% for those with diabetes), USFHP and LetsGetChecked® will reach out to you:

- ✓ You'll receive a letter about any abnormal results promptly via certified mail.
- ✓ An RN from USFHP will personally call you to review the results, answer questions, and discuss next steps.

IMPORTANT NOTE:

If you have certain symptoms, you should not wait for home testing. Make an appointment right away with your Primary Care Provider if you have any of the following:

For colon cancer—persistent changes in bowel habits such as frequent diarrhea, constipation, narrowing of the stool or blood in stool.

For elevated HgbA1c (high average blood sugar levels)—Frequent urination, increased thirst, increased hunger, or fatigue.

For HPV—the majority of infections are asymptomatic and show no early signs, so staying on top of routine screening is essential.

AT HOME TESTING removes barriers like appointments, travel, and discomfort—making it easier than ever to stay proactive.

US FAMILY HEALTH PLAN
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An Educational Guide to Help You and Your Loved Ones Take Charge of Your Health

Take control of your health and gain peace of mind.
Your future self will thank you!

Questions or Concerns?

Contact your
USFHP Nurse Care Manager
for questions and support at
212-356-4494.

For kit questions,
call LetsGetChecked®
at 800-984-9837
(Monday–Friday, 8 a.m.–8 p.m. ET; TTY 711).

For more information about
LetsGetChecked®,
visit www.letsgetchecked.com

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