

FORTE STUDY NEWSLETTER

KAISER PERMANENTE NORTHERN CALIFORNIA

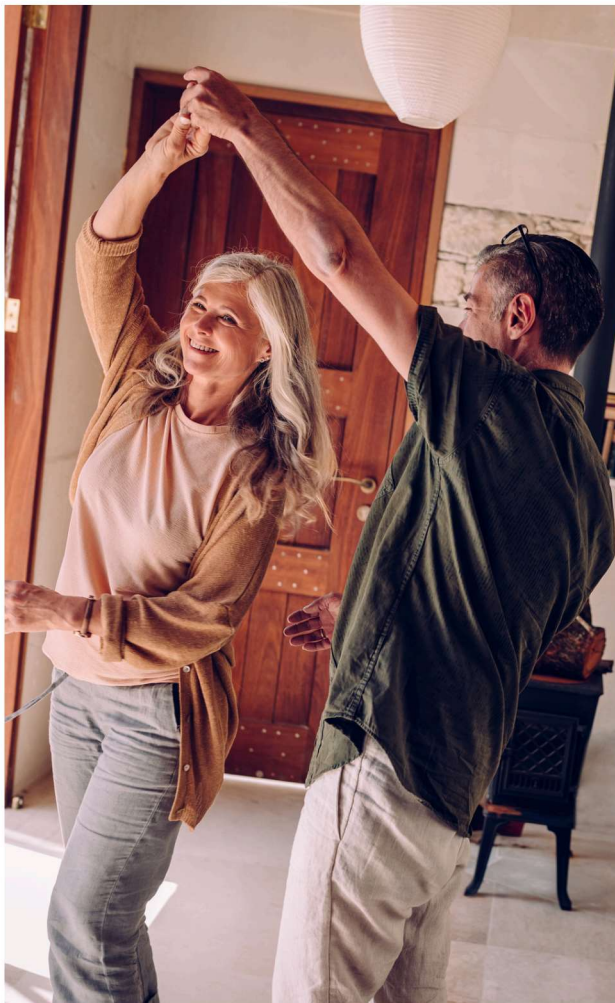
DECEMBER 2025

fortestudy.kaiserpermanente.org

WHAT IS THE FORTE STUDY?

THE FORTE STUDY IS A COLORECTAL CANCER PREVENTION STUDY LOOKING TO ANSWER THE QUESTION:

WHEN SHOULD PATIENTS WHO HAD A COLONOSCOPY WITH 1-2 SMALL BENIGN POLYPS REMOVED (ADENOMATOUS POLYPS/ADENOMAS) HAVE A REPEAT SURVEILLANCE COLONOSCOPY?



UPDATES IN THIS NEWSLETTER

- RECRUITMENT PROGRESS
- DATA COLLECTION
 - ONE-TIME BLOOD DRAW
 - STOOL COLLECTION
 - VISION TREE QUESTIONNAIRE
 - PLANNING FOR YOUR NEXT COLONOSCOPY
- CHANGING HEALTHCARE PROVIDERS?
- STUDY STAFF SPOTLIGHT
- KP FORTE WEBSITE
- CONTACT INFORMATION

RECRUITMENT

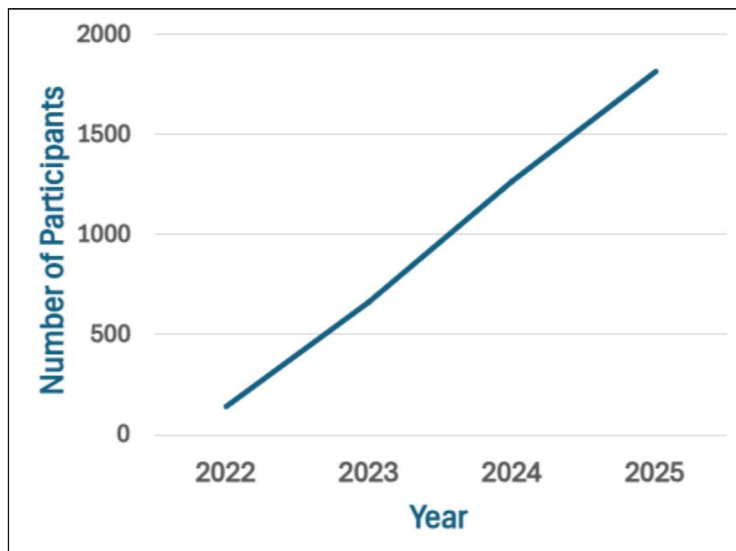


FIGURE 1.
KPNC PARTICIPANTS
RECRUITED AS OF 12/1/2025



RECRUITMENT PROGRESS

The FORTE Study is a nationwide study with ~67 sites across the US recruiting participants. The Kaiser Permanente Northern California (KPNC) Forte Study Center launched recruitment in May 2022 and is the #1 recruiter. (You could say that this is our forte..)

DATA COLLECTION

ONE-TIME BLOOD DRAW - MEET OUR PHLEBOTOMISTS!

In addition to NPPN, we are now using the mobile phlebotomy company Travalab for the FORTE study's one-time blood draw. Like NPPN, Travalab is a team of well-trained phlebotomists that will come to your home at a time that works for you and complete your blood draw there.

How does this work?

- We will mail you a blood draw kit. (There is no need to do anything with this kit until the Travalab phlebotomists arrive).
- Travalab will call you to schedule your blood draw appointment.
- Travalab will come to your home and complete your blood draw using the blood draw kit we had mailed. They will mail your blood draw kit to our biobank when they are done.

If you have not had your blood draw yet, please reach out to our study staff at the email fortekpnc@kp.org to request a blood draw kit. We may need additional information before doing your blood draw.

STOOL COLLECTION

After joining the study, we send you 3 at-home stool collection kits at the following times (approximately):

1. 2 months after enrollment
2. 2 years after enrollment
3. 4 years after enrollment

Please remember to write the date of collection on the stool collection tube AND on the transmittal form- both highlighted (Figures 1 and 2).

The collection date also should be marked on the stool sample questionnaire (yes, again!), which goes in the stamped addressed envelope and comes back to the study center in Pleasanton, California (Figure 3).

Figure 1: Stool Collection Tube

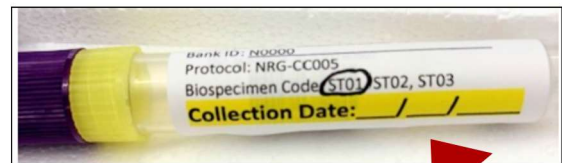


Figure 2: Stool Transmittal Form

NRG Protocol CC005 (FORTE)
Worksheet for Transmittal Form

Participants: Please fill in the Date sample collected and Date sample shipped fields in the section below labeled "To Be Completed by the Participant" and return Page 1 with your collected sample back to NRG Biospecimen Bank - Columbus. Refer to the stool collection instructions included with the kit.

Biospecimen Transmittal Form - Stool
(to be completed by site coordinator)

NRG Bank ID N000020878 Participant ID CA154 -CC005- 0 2 2

Specimen Information
Specimen Code:
☒ ST01
☐ ST02
☐ ST03

Time point
☒ Within 1 year of enrollment
☐ 24 months after randomization
☐ 48 months after randomization

Collected
☒ Yes
☐ No
Not collected reason:
☐ Participant refusal / participant non-compliance
☐ Participant died
☐ Participant off study

Storage type
☒ Room temperature

Site Contact Information
Name of person completing form MAYRA JACINTO
Institution Kaiser Permanente-Vallejo
Phone number 925-520-1275
Email address FORTEKPN@KP.ORG

Shipping Information
Courier Name
☒ Federal Express
Courier tracking number 818467165987
Ship to: NRG ONCOLOGY BIOSPECIMEN BANK-COLUMBUS

To Be Completed by the Participant

Date sample collected [Day] [Month] [Year]
Date sample shipped [Day] [Month] [Year]

(Example: If you were completing this questionnaire on September 8, 2020 you would enter 08 SEP 2020)

Figure 3: Stool Sample Questionnaire

Stool Sample Questionnaire

Were you able to collect the stool sample?
☒ Yes
☐ No

If yes, Did you have any problems or concerns with the stool sample collection, for example the solution spilled of the tube or you had problems catching the stool in the toilet accessory? (Please describe)

No

Date sample collected 27 / 07 / 22
Time sample collected 08 : 00 PM

VISION TREE- QUALITY OF LIFE SURVEY

New to the FORTE Study? After you were enrolled, we emailed you a link and login information to complete our online questionnaire on the Vision Tree Optimal Care website. You may have received some reminders from fasttrack@optimalcare.com. These important one-time questionnaires allow us to get a better idea of your health as you enter the study. If you are having trouble with the site or prefer to fill out a paper copy, please let us know!



PLANNING FOR YOUR 5 AND 10 YEAR COLONOSCOPIES

The FORTE Study seeks to understand the best time for a follow-up colonoscopy for people with 1-2 small polyps by randomizing people into two groups: a follow-up colonoscopy at 5 and 10 years (Group 1) or only at 10 years (Group 2).

When is your next colonoscopy?

We send information to you on your randomized group in an email titled: KP FORTE Study: Important Participant Information. This email is sent about 1-2 weeks after you consent. If you are in Group 1, your next colonoscopy is 5 years AND 10 years after your last colonoscopy. If you are in Group 2, your next colonoscopy is 10 years after your last colonoscopy.

If you need a colonoscopy for clinical reasons (e.g., because of symptoms you are having) at any time, please schedule this with your provider and let us know by emailing us at fortekpnc@kp.org. You can still stay in the study.

How do you schedule your 5 and/or 10 year colonoscopy?

Your regular healthcare provider will reach out to you to schedule your colonoscopy. If you haven't heard from your provider, it could be because they are experiencing a backlog of patients. Please reach out to your provider if your colonoscopy is due and you have not heard from them.

Are the 5- and 10-year study colonoscopies your regular colonoscopy or a study colonoscopy? And who pays?

The 5 and/or 10 year colonoscopy is your regular care, follow-up colonoscopy (at KP, this is also called a *screening* colonoscopy). The FORTE Study is aligned with your regular care. Under the Affordable Care Act, all screening colonoscopies should be covered by insurance (you may have to pay for the prep liquids). If, at any time, you experience physical symptoms (e.g., rectal bleeding or chronic diarrhea) please contact your provider as you may need a colonoscopy. You may need to pay a co-pay for this colonoscopy. Please let us know if this happens by emailing fortekpnc@kp.org.

How does the FORTE study know about your colonoscopy?

If you are a Kaiser Permanente member, the FORTE study can see if you are due, scheduled, or completed your colonoscopy. There are no additional tasks for you to do. If you are no longer a Kaiser Permanente member, we will not know that you have had a colonoscopy unless you tell us. please reach out to us by email at fortekpnc@kp.org to let us know. We will need to request your records from your provider.



CHANGING HEALTHCARE PROVIDERS?

If you leave Kaiser Permanente you can still be a part of the FORTE study!

Please let us know who your new healthcare provider is by sending us an email at fortekpnc@kp.org. You will need to let your new healthcare provider know that you are a part of the FORTE study and when your next colonoscopy should be scheduled. Please reach out if you have any questions or need supporting documentation.

STUDY STAFF SPOTLIGHT

Meet Jasmine Deras! Jasmine has been a Research Associate with Kaiser Permanente's Division of Research for 7 years and with the FORTE study for 4 years. Jasmine does recruitment, so you may have spoken with her. Jasmine also manages our Vision Tree surveys, blood draws, and so much more. We are so lucky to have her!!



EXPLORE OUR NEW WEBSITE!

Kaiser Permanente Northern California now has a special website just for the FORTE Study!

Check it out at
fortestudy.kaiserpermanente.org

Our new website has more information on why we are doing the FORTE study, FAQs, who is on our research team, and more!

CONTACT US

Have any questions or concerns? Reach out to our study team at FORTEkpnc@kp.org or call us at (925) 520-1275.

We are located at 4480 Hacienda Drive Pleasanton, CA 94588.

FORTE
live **en**
A COLORECTAL CANCER PREVENTION TRIAL