

RiverStone Health Connections



February is Heart Health Month, a time to focus on the importance of cardiovascular wellness and the steps we can take to lead healthier lives.

Take a moment to explore the services we offer and celebrate the incredible work of our community partners. Together, we continue to build a healthier, stronger community through collaboration, support, and access to care. Here's to a season of health, hope and renewed connections.

RiverStone Health Service Spotlight

Tobacco use is a major threat to heart health, increasing the risk of heart disease, stroke and other cardiovascular issues. The thousands of chemicals found in cigarettes, e-cigarettes and smokeless tobacco – especially nicotine – contribute to plaque buildup, high blood pressure and heart attacks.

Our services include:

- Educating healthcare professionals, teachers, youth and the public about the dangers of tobacco and nicotine.
- Empowering youth to fight back against corporate tobacco through youth reACT coalitions in School District 2, Shepherd and St. Francis middle schools.
- Promoting tobacco-free spaces by upholding the Montana Clean Indoor Air Act (CIAA), addressing violations, and advocating for tobacco-free environments.

At RiverStone Health, our Tobacco Education Specialists focus on prevention and education across Yellowstone County.

RiverStone Health clinic staff also provide cessation resources to help patients quit tobacco and nicotine.

Contact RiverStone Health at 406.247.3305 or PublicHealth@RiverStoneHealth.org to learn more about referring clients to the Quit Line, schedule a presentation, or learn more about our programs.

Visit our website for additional services or to make an appointment.

[Visit our Website](#)

Partner Spotlight: Quit Now Montana



Quit Now Montana is a free statewide program supporting Montanans in quitting tobacco and nicotine. Since 2004, Quit Now Montana has served over 115,000 people, with over 40,000 of them

In addition to the services above, Quit Now Montana also offers four specialized programs:

- American Indian Commercial Tobacco Quit Line
 - Culturally sensitive coaching with American Indian coaches who can help callers quit commercial tobacco.
 - Dedicated toll-free number: 1-855-5AI-QUIT
- My Life, My Quit
 - For those under 18, offering confidential coaching via text, chat, or phone.
 - Text "START" to 36072 or call 1-855-891-9989
- Quit Now Montana Pregnancy Program
 - Dedicated female coach, cash incentives for completed coaching calls while pregnant and post-partum, and free NRT with provider approval.
 - Enroll through 1-800-QUIT-NOW
- Behavioral Health Program
 - Seven coaching sessions focusing on

successfully quitting. The program offers free coaching, personalized quit plans, education materials, motivational messaging, and free nicotine replacement therapy or cessation medication.

developing coping skills and stress management techniques, with coaches trained in behavioral health conditions.

If you would like more information about how you can refer your clients or patients, contact RiverStone Health at 406.247.3305 or PublicHealth@RiverStoneHealth.org

[Learn more](#)

At RiverStone Health, you are at the center of everything we do with a focus on improving life, health and safety of our community. Serving the Yellowstone County community and south-central Montana for nearly 50 years, we are an essential provider of personal and public health services. Health, Education, Leadership and Protection – HELP is what we do.

We offer medical, dental and behavioral health; home health and hospice; public health services like immunizations, WIC, health promotion and restaurant inspections; and educate the next generation of health professionals. Our expertise spans all ages and stages of life.

If you would like to be a future partner spotlight, or learn more about RiverStone Health's work in the community please reach out to our Communications team at Communications@RiverStoneHealth.org or 406.247.3387.



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