



For your Health

Read me online!



Protect yourself from the "silent killer"

High blood pressure is often called the “silent killer” because it usually has no symptoms until serious damage has occurred. While some people may experience headaches, vision changes, chest pain, dizziness or shortness of breath during dangerous spikes, most people feel nothing at all.



That’s why regular blood pressure checks are so important. Monitoring your numbers at home and talking with your healthcare provider can help detect problems early and prevent complications. If your blood pressure reaches 180/120 or you have severe symptoms, seek medical care immediately.

The truth about vaping, and how to quit

DID YOU KNOW?
Quit Now Montana is completely free for all Montanans regardless of insurance status.



QUIT NOW MONTANA
TRIPLE YOUR CHANCES OF QUITTING
CHOOSE YOUR WAY
CLICK TO CALL

Vaping is often marketed as safer than smoking, but most e-cigarettes contain high levels of nicotine, the highly addictive drug that can affect brain development, mood and attention. Many people who start casually find quitting is harder than expected.

Quit Now Montana offers free, confidential support for all Montanans, regardless of insurance. Trained coaches provide personalized plans, tools, encouragement and free nicotine replacement therapy to help manage cravings and withdrawal.

Quitting can improve focus, lung health and overall well-being putting you back in control. Visit QuitNowMontana.com or call 1-800-QUIT-NOW to get started.

Why a healthy BMI matters

Maintaining a healthy Body Mass Index (BMI) is an important step toward reducing your risk for heart disease, diabetes and other chronic conditions. Reaching or maintaining a healthy BMI often involves balanced nutrition, regular physical activity, quality sleep and stress management.

Small, sustainable changes like choosing nutrient-rich foods, moving more throughout the day and setting realistic goals can make a lasting difference.



Avoid quick fixes and focus on long-term habits. Talk with your healthcare provider for personalized guidance and support to create a safe plan that works for you.

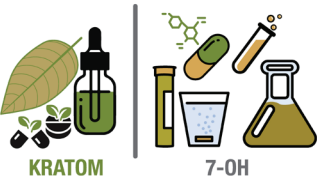
Quick tips to lower blood pressure:

Take slow, deep breaths and rest in a quiet place to help your body relax. Drink water and avoid caffeine or nicotine, which can raise blood pressure.

Kratom education & safety

There has been some confusion about kratom in Yellowstone County. There is no new ban. RiverStone Health is enforcing the Montana Food Code, which has been in place since 2015.

7-OH is a highly concentrated form of the kratom leaf.



It can cause dangerous side effects, overdoses, and withdrawal symptoms.

This code says businesses who sell food products cannot sell ingredients that are not approved for food. Kratom is not approved as a food ingredient, supplement, or medicine. Kratom is often called “natural,” but that does not always mean safe. All forms can cause harmful

side effects, addiction, or overdose. RiverStone Health is focused on patient education and safety. Learn more at RiverStoneHealth.org/Kratom.

LOCATIONS

BILLINGS CAMPUS

Main Clinic 406.247.3350


Dental Clinic 406.247.3333

Pharmacy 406.247.3330

WIC 406.247.3370

Immunizations 406.247.3382

SCAN FOR ALL LOCATIONS & HOURS



RiverStoneHealth.org/Locations

RURAL CLINICS

Bridger 406.662.3740

Joliet 406.962.9062

Worden 406.967.2255

SCHOOL CLINICS

Orchard Elementary

Medicine Crow Middle

Senior High

406.247.3350

AFTER HOURS: 406.247.3350

New clinic!

HEALTHCARE FOR THE HOMELESS

406.651.6560

21 South 29th Street

Monday - Friday 7 a.m. - 4 p.m.

Clinic will be closed 12-1 p.m. everyday, and 12-2 p.m. on Wednesdays

WELLNESS ON WHEELS

See the schedule:

RiverStoneHealth.org/WOW

RiverStone Health Clinic receives Federal Health and Human Services funding and has Federal Public Health status with respect to certain health or health-related claims, including medical malpractice claims for itself and its covered individuals.