



Tips for taking your blood pressure

Self-measured blood pressure monitoring, combined with regular checkups, can help you control your high blood pressure.

Regularly monitoring your blood pressure, with support from your healthcare team, can help lower your risk for heart disease and stroke.

Make your quitting checklist

If you are thinking about quitting or ready to quit, reach out for help. It is never too late to quit using tobacco and reducing your risk of cancer and other health problems. Nicotine, the addictive substance



in tobacco products, makes smoking one of the strongest addictions to overcome, often requiring multiple attempts to quit.

While quitting is not easy, it can be done with the right support and tools. Without outside support, the odds of successfully quitting smoking are about 1 in 20. For more information visit quitnowmontana.com or call 1-800-QUIT-NOW.

Getting starting with an exercise plan

Regular physical activity is one of the most important things you can do for your health. As you think about ways to be more active, use these tips to get started and overcome obstacles.

- **Start with activities, locations, and times you enjoy.** You might like morning walks in your neighborhood, or you can try an online physical activity class after work.
- **Plan activities with others** for motivation and mutual encouragement.



- **Start slowly** and work your way up to more time or more challenging activities.
- **Use free apps** and websites to find fun ways to be physically active.

Types of cervical cancer screenings

Cervical cancer screening is an important part of routine healthcare for people with a cervix. Early detection of precancerous cells or early stage cancer can be more easily treated.

There are 3 main ways to screen for cervical cancer:

- 1 - **The human papillomavirus (HPV) test** checks cells for infection with high-risk HPV types that can cause cervical cancer.
- 2 - **The Pap test** (also called a Pap smear or cervical cytology) collects cervical cells so they can be checked for changes caused by HPV that may—if left untreated—turn into cervical cancer. It can find precancerous cells and cervical cancer cells.
- 3 - **The HPV/Pap cotest** uses an HPV test and Pap test together to check for both high-risk HPV and cervical cell changes.

LOCATIONS	BILLINGS CAMPUS	RURAL CLINICS	HEALTHCARE FOR THE HOMELESS
	Main Clinic 406.247.3350	Bridger 406.662.3740	406.651.6560
	Dental Clinic 406.247.3333	Joliet 406.962.9062	2424 First Ave. North Mon., Wed. & Fri. 7 am - 4 pm Tues. & Thur. 1 - 4 pm
	Pharmacy 406.247.3330	Worden 406.967.2255	St. Vincent de Paul 3005 First Ave. South Tue. & Thur. 7 am - noon
	WIC 406.247.3370	SCHOOL CLINICS	
	Immunizations 406.247.3382	Orchard Elementary 406.247.3210	
	SCAN FOR ALL LOCATIONS & HOURS	Medicine Crow Middle 406.247.3210	
	RiverStoneHealth.org/Locations	Senior High 406.247.2146	

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