

# For your Health

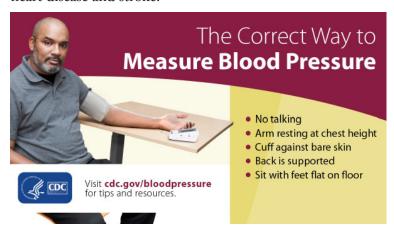
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## Tips for taking your blood pressure

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.



# Getting starting with an excercise 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.

## 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.

# 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.

#### BILLINGS CAMPUS

## Main Clinic 406.247.3350

Dental Clinic 406.247.3333

Pharmacy 406.247.3330

WIC 406.247.3370

**LOCATIONS** 

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 406.247.3210 Medicine Crow Middle 406.247.3210

Senior High 406.247.2146

### HEALTHCARE FOR THE HOMELESS

406.651.6560

2424 First Ave. North Mon., Wed. & Fri. 7 am - 4 pm Tues. & Thur. 1 - 4 pm

St. Vincent de Paul 3005 First Ave. South Tue. & Thur. 7 am - noon

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.