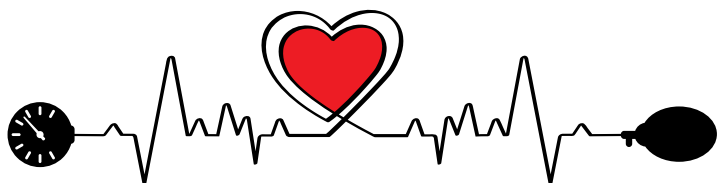




How to read your blood pressure

Your blood pressure is measured as two numbers. The top number is your systolic blood pressure (this is the pressure when your heart beats.) The bottom number is your diastolic blood pressure (this is the pressure when your heart refills.) Your ideal blood pressure is less than 120/80. Talk to your provider if you are regularly getting readings above 140/90.



If you have a reading higher than 180/120 after checking it twice you could be having a hypertensive crisis. If you have any chest pain, shortness of breath, weakness, vision changes, dizziness or vomiting you should call 911. If you have no symptoms, you should call your doctor right away.

For more guidance on your blood pressure readings, go to heart.org/HBP.

Tips for checking today's air quality

Protect your health during wildfire season by checking the air quality regularly.

Todaysair.mtdeq.us provides guidance in an easy-to-read chart on how the air quality may affect the general population and people who are more sensitive to air pollution.

You can also check the colorful flag flying at RiverStone Health in downtown Billings at the corner of South 27th St. and First Avenue S.



Myth and Fact:

Tobacco use and mental health

Did you know that 40% of all cigarettes smoked in the U.S. are by people with behavioral health conditions? Tobacco use doesn't just harm your body—it can also make anxiety, depression, and stress worse.

MYTH
Smoking helps relieve stress and anxiety.

FACT
Quitting can actually improve your mental health! 90% of people who quit report feeling less stressed, anxious, or depressed.

QUITNOW MONTANA
QuitNowMontana.com
QUITTING. LIVING. BETTER.

RiverStone Health

MONTANA TOBACCO USE PREVENTION PROGRAM

Quitting tobacco is one of the best steps you can take for both your mental and physical well-being. Visit QuitNowMontana.com to explore free resources and support tailored to your needs.

988
SUICIDE & CRISIS
LIFELINE

If you need to talk,
the 988 Lifeline is here.

Call • Text • Chat

Keeping kids active and healthy

Healthy eating and physical activity are important for growth and development, as well as prevention of obesity and related health conditions like type 2 diabetes, asthma, anxiety and depression. Healthy eating boosts immunity and supports healthy growth.

Being physically active can help boost students' academic performances. For good mental and physical health, kids also need plenty of sleep and limited screen time.

Now is a great time to schedule your child's checkup and sports physical. Call 406.247.3350 to schedule today.

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

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

WELLNESS ON WHEELS

See the schedule:

RiverStoneHealth.org/WOW