



For your Health

Read me online!



Protect your heart by taking action

High blood pressure often has no warning signs, but it greatly increases the risk of heart disease and stroke. The good news? It's preventable and even small changes can make a big difference.

Healthy habits like eating less salt, staying active, maintaining a healthy weight, managing stress and limiting alcohol can help prevent or lower high blood pressure.



Talk with your healthcare provider about checking your blood pressure and steps you can take to protect your heart. Small changes today can lead to healthier tomorrows.

45 is the new 50, find out if you need to be screened for colorectal cancer

Colorectal cancer starts in the colon or rectum, is often slow growing and may not cause symptoms at first, which is why screening is so important.

Most people should now begin screening at age 45, as more younger adults are being diagnosed. Screening can find cancer early, when it's easier to treat or prevent it by removing growths before they become cancer.

There's a simple way to protect your life

+1UP

Get screened for colorectal cancer starting at age 45

You may be at higher risk if you have a family history or symptoms like stomach pain, blood in your stool or changes in bowel habits. Talk with your provider about screenings, financial assistance for un- or underinsured patients may be available.

What's your reason to quit tobacco?

Quitting tobacco is one of the most powerful steps you can take for your future and there is no better time to start than now.

WHAT'S YOUR REASON TO QUIT TOBACCO?

- 1 Be there for life's big moments.
- 2 Take back control of your story.
- 3 Save money, gain freedom.
- 4 Set the example they'll remember.
- 5 Because you deserve better.

Imagine breathing easier, having more energy for the activities you love and saving money for things that truly

matter. Quitting isn't just about breaking a habit, it's about reclaiming your freedom and creating a life where you can be present for every big moment.

When you quit, you show others that change is possible. Visit QuitNowMontana.com or call 1-800-QUIT-NOW for free resources, coaching and additional tools to help you to succeed. Start today and take control of your story, because every reason to quit is the right reason.

Lower your risks by eating healthy

Body Mass Index (BMI) is a number that helps show if a person's weight may affect their health. A healthy BMI is between 18.5 and 24.9. Being overweight or obese can raise the risk of health problems like heart disease, type 2 diabetes, stroke, sleep apnea and some cancers.

Healthy habits can help improve BMI and overall health. Choose more fruits, vegetables, lean proteins and whole grains. Drink water instead of sugary drinks, watch portion sizes and try not to skip breakfast. Remember, BMI is only one part of health, talk with your healthcare provider about what's best for you.



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

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.