



For your Health

Read me online!

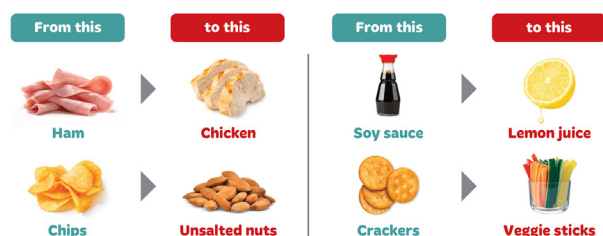


Reduce your health risks by managing your blood pressure

High blood pressure is one recognized risk for strokes and with blood pressure control, a stroke is more preventable. With more than 50% of strokes worldwide attributed to high blood pressure, we want to help you lower yours by sharing quick tips.

Limit alcohol consumption: Excess alcohol intake can increase blood pressure.

Reduce sodium intake: Aim for less than 1,500 mg of sodium per day.



Manage stress: Techniques like yoga, meditation or deep breathing can help reduce the hormones connected with stress.

Get enough sleep: Aim for 7-9 hours of quality sleep each night.

Stay safe from falls this winter

Winter ice and snow can make slipping easier, but a few small steps help keep you safe. Wear boots or shoes with good grip and walk slowly with small steps. Keep sidewalks, stairs, and driveways clear of snow and ice, and spread salt or sand for extra traction.

Inside, keep walkways clear, use bright lights or nightlights, and put non-slip mats in bathrooms. Handrails and grab bars add extra support. Always keep a phone close by so you can call for help if needed. Staying alert and prepared makes winter safer for everyone. If you fall and have concerns, contact your primary care provider.

Seasonal changes don't have to affect your weight loss goals



As it gets colder outside, it becomes more challenging to stay active due to less daylight, colder weather and holiday festivities.

Help manage your diet and appetite during this time by:

- Choosing nutritious alternatives to comfort foods
- Leaning into seasonal produce
- Practicing portion control
- Staying hydrated

Talk to your provider today about available seasonal vaccines.

Clean air matters, especially at home

When buildings are closed up for winter, smoke can drift easily between apartments and shared spaces. Secondhand and even thirdhand smoke can harm kids, adults and pets. You can help protect your family by asking your landlord about a smoke-free housing policy.



Montana's Clean Indoor Air Act now also covers e-cigarettes and vape pens, ensuring everyone has the right to breathe clean, healthy air in public indoor places like restaurants, workplaces, and stores.

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.