

Health & Wellness

Locations & Hours:

ST. IGNATIUS HEALTH CENTER HEALTH & WELLNESS SERVICES

35401 Mission Drive
St. Ignatius, MT 59865
(406) 745-3525

Mon–Fri: 8:00 AM–5:00 PM

Various health and wellness services are offered across the Tribal Health network. Please call for information regarding hours and locations of specific health and wellness programs and services.

Services Provided:

Women, Infants, and Children (WIC) services provide education and food vouchers while monitoring the health status of pregnant women, infants, and children under five years of age who meet eligibility criteria. WIC clinics are located in several Tribal Health centers, providing services to recipients who meet eligibility requirements, whether or not they are Tribal Health recipients.

■ Podiatry and endocrinology visiting specialists for people with diabetes. Monthly podiatry clinics are held at the St. Ignatius and Polson Health centers, and monthly endocrinology clinics are held at the St. Ignatius Health Center.

■ Diabetes self-management education, individually and through group classes. Case management is provided by a registered nurse. A diabetes program nurse provides diabetes education, and a registered dietitian provides nutrition services to Tribal Health recipients.

■ Certified personal trainers operate Tribal Health fitness centers in Elmo and St. Ignatius, providing instruction on fitness equipment and activities to improve the health and wellness of the community. All eligible recipients may utilize these facilities free of charge. Non-Tribal Health recipients may access these facilities by paying a monthly fee for services.

■ Diabetes prevention program, called Prevent T2. Classes are led by a certified lifestyle coach holding a bachelor's degree in exercise science. The goal of the Prevent T2 program is to prevent diabetes from occurring in people who have pre-diabetes.

■ The Safe on All Roads (SOAR) program goal is to reduce traffic fatalities and injuries on Indian reservations in Montana through:

- Increasing seat belt use for adults and promoting the use of child car safety seats through education provided by a nationally certified child passenger safety technician. All CSKT Tribal members are eligible to receive car seats at no cost.

- Reducing incidence of impaired driving and educating youth not to ride with a driver who is under the influence.

■ Tribal Health's Tobacco Prevention Program offers education at community events on the dangers of tobacco use and corporate tobacco vs. traditional tobacco, while providing information about the American Indian Quit Line, the Montana Quit Line, and Through with Chew. Staff work with youth in the ReACT Campaign and other youth and adult tobacco-free coalitions. Tribal youth have the opportunity to attend Gathering of Native Americans (GONA) camp during the summer and to travel to various youth conferences.