How to EARN your new Healthy Lifestyle

**Punch Card**

Ponca Tribe of Nebraska

One Punch for each of the following:

\*\*Each case management visit

\*\*Physical with physician

\*\*Dental appointment

\*\*Eye appointment

\*\*EKG completed

\*\*Foot exam

\*\*Point for each Gift of Heart Health class completed (10)

\*\*Attendance to Health sponsored Pow wow’s or Health Fairs

*(max of 2 points for these events)*

\*\*Attaining exercise goals set each month

\*\*Weight loss of at least 2% every 3 months

\*\*Lowering of B/P after 6 months

\*\*Improving 2 of the 4 components of high cholesterol @ 1 yr:

 \**Total cholesterol \*LDL \*HDL \*Triglycerides*

\*\*Lowering of A1c after 6 months

\*\*Yearly flu vaccine

Each card will contain 15 punches.

You may complete a card and turn it in

OR save up for a larger incentive!!!

\*\*Please note incentives are based upon eligibility and may be substituted for a product of same value.

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