



Who cares for your wellness, doctor?

Discovery Health cares about our country's doctors and recognises the important role that you play in the healthcare system. An increasing priority in building a better healthcare system, is to support doctors themselves to become and stay healthy.

Vitality Active Rewards for Doctors (VARD) is a bespoke programme **open to all doctors registered with the HPCSA, and practicing in the private or public sectors**. By joining VARD, doctors can enjoy a variety of rewards by recording daily steps as they go about their day (on ward rounds, during an overtime shift) or by increasing their physical activity levels and improving their health.

The effect on good health

VARD supports doctors to become healthier. The programme is designed to encourage behavior change by rewarding doctors for achieving their weekly exercise goals. In **2019**, a [White Paper](#) was released sharing data and insights about the Vitality Active Reward for Doctors programme. Results indicated that doctors exercise, on average, 15% more frequently after activating Vitality Active Rewards, with a 12% increase in the proportion of high intensity workout sessions.

Additionally, one of the strongest impacts of Vitality Active Rewards was observed among doctors living with chronic conditions. Doctors with a significant or complex chronic condition, on average, increased their exercise frequency by 17%.

We reward you, too

Simply put, VARD is our way of saying **thank you** to doctors for going the extra mile to save lives. There is also a significant professional benefit in that a physically active doctor is more effective in "prescribing wellness" to their patients – a critical intervention for managing the source of non-communicable diseases

- Engaged Doctors earn **Discovery Miles** to spend at **Woolworths, Typo, Exclusive Books, Netflix** and more for achieving their weekly exercise goals
- Doctors can compete with other doctors nationally for a status on the VARD monthly leaderboard
- Top Performing or Most-Improved doctors on the VARD Quarterly leaderboard can win Incredible Connection rewards to the value of R5000. [Terms and Conditions Apply](#). **Since 2018** we have given away **R650 000 in Incredible Connection rewards** to VARD Top Performing and Most-Improved doctors
- Engaged doctors can participate in exciting campaigns

Activate Vitality Active Rewards for Doctors today to get engaged and begin your journey of being rewarded by earning Discovery miles, for going the extra mile!

[Sign up: Public sector doctors](#)

[Sign up: Private sector doctors](#)

Visit our [Vitality Active Rewards for Doctors page](#) and if you have any questions about **Vitality Active Rewards for Doctors**, email vard@discovery.co.za