



## Vitality Active Rewards for Doctors Guide

### 1 What is it?

[Vitality Active Rewards for Doctors](#) (VARD) is an exclusive rewards programme designed for private and public sector medical doctors who are registered with the Health Professions Council of South Africa (HPCSA) and have a medical practitioner (MP) number or an intern number (IN). The aim of the programme is to help you get healthier through personalised, weekly Exercise goals, and to reward you for reaching these goals.

### 2 Who may use it?

VARD is available to all private and public sector medical doctors, whether you're a Discovery member or not. You must:

- Be registered with the Health Professions Council of South Africa (HPCSA)
- Have a medical practitioner (MP) number or intern number (IN)
- Not have another Vitality membership, such as [Vitality Premium](#), [Vitality Active](#) or Vitality through [Personal Health Pathways](#)

This benefit is not available to allied health professionals, dentists and chiropractors.

If you're a private or public sector medical doctor who has another Vitality membership, such as [Vitality Premium](#), [Vitality Active](#) or Vitality through [Personal Health Pathways](#), you have access to the **Boosted rewards for doctors**. However, you'll still have to opt in to access those benefits – see **How do you activate it?**

### 3 What do you pay?

VARD is free to eligible medical doctors. You don't need to be a member of Vitality or hold any other Discovery product to be able to activate this benefit.

You can access VARD on the Discovery app, which is free to use. However, standard data charges may apply when downloading, updating or using the app.

### 4 What do you get?

#### 4.1 Vitality Active Rewards

Vitality Active Rewards (VAR) encourages and rewards you for living well. When you achieve your Exercise goals,

you can do one of the following:

- Choose an instant reward like a coffee or donate to the latest MoveToGive initiative.
- Wait to play the gameboard on Rewards Wednesday to earn [Discovery Miles](#) – our rewards currency that you can spend on a range of exciting items in the Vitality Mall.

For more information on how this benefit works and how to activate it, please read the [Vitality Active Rewards benefit guide](#).

**Note:** VARD members don't get the 5% Vitality Health product discount in the Vitality Mall.

## 4.2 Boosted rewards for doctors

By activating VARD, you can earn boosted rewards for your commitment to various fitness behaviours that contribute to your overall wellbeing, while caring for others. These rewards are over and above the Vitality Active Rewards you earn on the Discovery app.

**Note:** These boosted rewards are also available to eligible private or public sector medical doctors who have [Vitality Premium](#), [Vitality Active](#) and Vitality through [Personal Health Pathways](#) memberships. However, you'll still have to opt in to access these benefits – see **How do you activate it?**

### 4.2.1 Most Improved Engagement Rewards

By the 20th of every month, we'll publish a [leaderboard](#) of the doctors who have shown the most significant improvement.

Twice a year, we'll reward the top 10 doctors who have demonstrated the most improvement with 25,000 [Discovery Miles](#) each.

### 4.2.2 Outstanding Performance Rewards

By the 20th of every month, we'll publish a [leaderboard](#) of the doctors who have achieved the highest performance.

Once a year, we'll reward the Overall Top Performer of the Year with 100,000 [Discovery Miles](#) and add them to the VARD "Wall of Fame".

Twice a year, doctors who surpass their weekly VAR Exercise goals by double, three times in a quarter, will be eligible for a draw, with a chance to be one of five VARD "Fitness Whizz" winners. They will each be rewarded with 50,000 [Discovery Miles](#).

### 4.2.3 Wellness Commitment Rewards

By 31 March each year, we'll recognise the doctors who have accomplished 50 or more consecutive VAR Exercise goals on the [leaderboard](#). These doctors will receive a VARD certificate commending their number of achieved goals, categorised as follows:

- 50 to 99 consecutive VAR Exercise goals
- 100 to 199 consecutive VAR Exercise goals
- 200 to 299 consecutive VAR Exercise goals
- 300 or more consecutive VAR Exercise goals

In keeping with the Vitality Centurion awards, all VARD members who are also Vitality members and who achieve 100 or more consecutive goal streaks will receive a Centurion shirt.

The top 25 doctors in each of the following categories will be rewarded with exclusive VARD Centurion gym tights:

- 100 to 199 consecutive VAR Exercise goals
- 200 to 299 consecutive VAR Exercise goals
- 300 or more consecutive VAR Exercise goals

Doctors who achieve 50 or more consecutive VAR Exercise goals will be entered into an annual draw, with the winner receiving 100 [Discovery Miles](#) for each consecutive VAR Exercise goal achieved.

## 5 How do you activate it?

[Simply sign up](#) to be registered on the VARD programme. The VARD team will email you to confirm your access to Vitality Active Rewards and provide step-by-step instructions on how to download the Discovery app and activate Vitality Active Rewards.

## 6 Information sharing

By using these benefits, you agree that Discovery Vitality, Discovery Health, Discovery Limited, Discovery Vitality's fitness partners and Vitality's Active Rewards partners may share your personal and payment or transactional information to administer the benefit effectively.

## 7 Your privacy is important to us

We'll process the personal information of all members on the VARD membership in accordance with the [Vitality Main Rules](#) and [Privacy Statement](#). We do this so we can manage your VARD membership and associated benefits, where applicable.

By using the VARD programme, you agree that Discovery Vitality, Discovery Health and Discovery Limited may process your personal and payment or transactional information, where relevant to a particular benefit. This is so we can effectively administer the programme and the associated benefits. We'll do this in accordance with the [Vitality Main Rules](#) and the main rules for [Ancillary Vitality Programmes](#), relevant benefit or campaign rules and [Privacy Statement](#).

## 8 Tax on rewards

You might need to pay tax on the rewards that you earn. It's your responsibility to speak to a tax practitioner to get advice about this. We're not responsible for any consequences if you don't ask a tax practitioner for advice or if you don't pay the applicable tax.

## 9 Ending your participation

If you decide to end your participation in this programme, you won't be able to access or use any of the benefits. To cancel your VARD membership, email [vitalityactiverewards4drs@discovery.co.za](mailto:vitalityactiverewards4drs@discovery.co.za).

## 10 Frequently Asked Questions

For more information, see our list of [Frequently Asked Questions](#).


## 11 Find out more

To find out more about this benefit, please visit [Vitality Active Rewards for Doctors](#).

## 12 Stay in touch

In addition to the respective benefit rules, participation in the VARD programme is governed by the [Vitality Main Rules](#) and the main rules for [Ancillary Vitality Programmes](#) (where applicable). If, for any reason, there is a conflict between the rules in this benefit guide and the [Vitality Main Rules](#) or the main rules for [Ancillary Vitality Programmes](#), the relevant main rules will take precedence.

If you have any questions or need more information about this programme, please visit [www.discovery.co.za](http://www.discovery.co.za) and click on **VITALITY** or call 0860 99 88 77.

Download the Discovery app. 

Keep up to date with the latest news from Vitality: Follow Discovery Vitality on [Facebook](#), [Instagram](#), [X \(previously Twitter\)](#), and [YouTube](#).

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