

Dear Doctor

We recently wrote to you about enhancements to HealthyWeight, Vitality's lifestyle and nutrition programme that provides structured weight-management support for you and your patients.

Where appropriate, the programme now includes an independent clinical support pathway for members who may benefit from medicinal treatment as part of their broader weight-management journey.

How to refer your patients

You can refer a Vitality member by completing the attached **HealthyWeight referral form** and sending it to HealthyWeightPCPreferrals@discovery.co.za.

You can refer your patients to the HealthyWeight programme for three distinct pathways:

1) Refer patients who are overweight or who would benefit from the structured nutrition, physical activity and **behaviour-change support** the programme offers.
2) If you are currently treating patients with obesity and prescribing medical treatment, HealthyWeight can **complement your clinical care** through coordinated dietitian-led nutrition, lifestyle and behaviour-change support.
3) If you think your patients can benefit from an **independent clinical assessment** with a doctor experienced in weight management, this pathway supports qualifying patients who would like to explore weight-loss medicine as a clinically appropriate option. Vitality will cover the cost of the initial assessment and relevant blood tests.

Members may also sign up through the Discovery website if they have completed a Vitality Health Check within the past 12 months.

Improving access to medicine as part of treatment

HealthyWeight may now serve as a qualifying programme for eligible members who wish to access a Patient Assistance Programme for medicine therapy.

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Patient Assistance Programmes are independent support initiatives designed to improve access to treatment. It recognises the importance of combining pharmacotherapy with structured lifestyle, nutrition and behavioural support.

The HealthyWeight programme provides this support through access to registered dietitians, nutrition coaching and ongoing monitoring, helping members build sustainable habits alongside any prescribed medical treatment.

Any decision to prescribe medicine remains the responsibility of the treating doctor and should be based on clinical appropriateness and individual patient need. To receive more information about the Patient Assistance Programme, please use the following link to opt in for communication: Patient Assistance Programme (PAP) | Healthcare Practitioner Information & Registration.

How HealthyWeight may support your patient care

For patients already under your care and receiving medicine as part of their treatment, joining HealthyWeight can provide additional support through:

- Dietitian-led coaching and nutritional guidance
- Behavioural support
- Exercise guidance and physical activity planning
- Ongoing monitoring and accountability

For patients seeking support with weight management who are not yet receiving medical treatment, HealthyWeight provides a structured lifestyle intervention pathway and, where appropriate, patients may complete an independent clinical assessment by an appropriately qualified doctor.

HealthyWeight is designed to complement, not replace, the role of the patient's primary care doctor. Continuity of care remains a core principle of the programme, particularly for patients with cardiovascular, renal or metabolic comorbidities, where obesity management should form part of a broader chronic disease management plan.

Partnering with you

We remain committed to supporting doctors and their patients through evidence-based obesity care. More than 13,000 members have participated in the HealthyWeight nutrition and lifestyle offering and achieved an average weight loss of approximately 6.1% at six months, demonstrating the value of combining treatment with behavioural support.

For more information, please read the Vitality HealthyWeight Guide for Doctors.

We look forward to continuing to partner with you in improving health outcomes for your patients.

Regards



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