



# HOW TO NOMINATE YOUR PRIMARY CARE PROVIDER?

*Your primary care doctor should be the first person you call when you have a medical problem that isn't an emergency. To get the best care so that you can be in the best possible health, you should have one doctor who coordinates your care.*

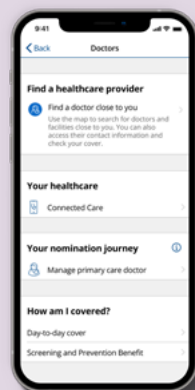
## FOLLOW THESE THREE EASY STEPS TO GET STARTED:

01



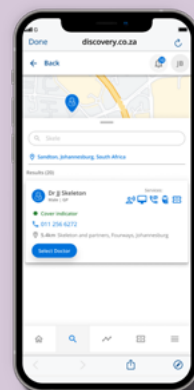
Log in to the Discovery app and navigate to Medical aid > Healthcare Providers and select Doctors.

02



Under Your nomination journey selected 'Manage primary care doctor'.

03



Review your choice of doctors and click on 'Select Doctor' once you are ready to choose.

1

### You will receive confirmation of your selected doctor

You can access your Care portal at any time to update your nominated GP. You may change your nominated primary care doctor once a year.