

National data opt-out

Find Out Why Your Data Matters

The NHS wants to make sure you and your family have the best care now and in the future. To do this, we may use your confidential patient information to make care better and safer for everyone.

Confidential Patient Information

Confidential patient information identifies you and says something about your health care or treatment. You would expect this information to be kept private. Information that only identifies you like your name and address is not confidential patient information and may still be used. For example, to contact you if your GP practice is merging with another.

Using Your Confidential Patient Information

Your confidential patient information is used to help with your treatment and care.

Confidential patient information is also used to:

- plan and improve health and care services, and
- research and develop cures for serious illnesses.

Where You Have A Choice

If you don't want your confidential patient information to be used for research and planning, you can opt out of this. If you do opt out, your decision will not affect your individual treatment and care. You can also change your mind anytime you like.

Click on this website to view how your data is used. <https://www.nhs.uk/your-nhs-data-matters/>

If you do not wish to opt out, you don't have to do anything at all. If after reading this, you are clear you wish to opt out of sharing your data, you can proceed in a number of ways.

Before you start

You must have an email address or phone number registered with an NHS service to continue online. Ask your GP Practice for help if you need to confirm your contact information is up to date.

To continue you will need:

- to be aged 13 or over
- access to your email or mobile phone
- your NHS number

To opt out online (recommended), please visit:

<https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/>

Other ways to manage your choice

Set a choice by phone

To manage your choice online, you must be able to verify your identity. You can't do this if you haven't registered an email or mobile number with an NHS practice.

Contact the NHS Digital Contact Centre to verify your identity and discuss your data sharing choices. We may be able to guide you through the service or set a choice on your behalf.

Call: 0300 303 5678

Open: 9am to 5pm Monday to Friday (excluding bank holidays)

Set a choice by print and post

If you are unable to use the online service for any other reason, you can use a paper print-and-post form to set a choice instead. Please ask the receptionist for a copy of the form.

https://assets.nhs.uk/prod/documents/Non-Digital_Opt-Out_Form_V14.pdf

Set a choice on behalf of another individual

You can also set a choice on behalf of another individual by proxy. For example, a parent may want to set a choice on behalf of their child. Please ask the receptionist for a copy of the form.

https://assets.nhs.uk/prod/documents/Non-Digital_Proxy_Opt-Out_Form_V16.pdf