**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. Your health and adult social care information supports your individual care. It also helps us to research, plan and improve health and care services in England.

Unless you have chosen to opt out, your confidential patient information can be used for research and planning. This online service allows you to make or change your decision at any time. You can also download a form to manage a choice on behalf of another individual by proxy. For example, if you are a parent or guardian of a child under the age of 13.

**Your confidential patient information**

Confidential patient information identifies you and says something about your health care or treatment. Information that only identifies you like your name and address is not confidential patient information.

**Using your confidential patient information**

Your confidential patient information is used in two different ways:

**Your individual care**

Health and care professionals may use your confidential patient information to help with your treatment and care. For example, when you visit your GP, they may access your records for important information about your health.

**Research and planning**



Confidential patient information is also used to:

* plan and improve health and care services
* 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. Your confidential patient information will still be used to support your individual care. Any choice you set using this service will not change this.

**Manage your choice**

You may use the NHS online service, or request a print-and-post form, to make or change your choice at any time. You can also request assistance or make your choice using the telephone service. If you do not wish to opt out, you don’t have to do anything at all.

Use this service to request that your confidential patient information is not used beyond your own individual care.

If you decide to opt out, this will be respected and applied by NHS Digital and Public Health England. These organisations collect, process and release health and adult social care data on a national basis. Your decision will also be respected and applied by all other organisations that are responsible for health and care information by March 2020.

An opt-out will only apply to the health and care system in England. This does not apply to your health data where you have accessed health or care services outside of England, such as in Scotland and Wales.

If you choose to opt out, your data may still be used during some specific situations. For example, during an epidemic where there might be a risk to other people’s health.

Please copy and paste or cntl/click the link below to access the online version

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

**Other ways to manage your choice**

If you decide to opt out, this will be respected and applied by NHS Digital and Public Health England. These organisations collect, process and release health and adult social care data on a national basis. Your decision will also be respected and applied by all other organisations that are responsible for health and care information by March 2020.

An opt-out will only apply to the health and care system in England. This does not apply to your health data where you have accessed health or care services outside of England, such as in Scotland and Wales.

**Set a choice by phone**

You may 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 online 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 or telephone service, you can use a paper print-and-post form to set a choice instead.

Use the previous link to access and print the form and post as per instructions.