

## Your NHS 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.

There are very strict rules on how this data can and cannot be used, and you have clear data rights. We are committed to keeping patient information safe and will always be clear on how it is used.

You can choose whether or not your confidential patient information is used for research and planning.

### 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

Most of the time, we use anonymised data for research and planning. So your confidential patient information isn't always needed.

## Manage your choice

You may use our 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 our telephone service. If you do not wish to opt out, you don't have to do anything at all.

You can also 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.

## More information

For more information and to complete the form (if required) visit:

<https://www.nhs.uk/your-nhs-data-matters/benefits-of-data-sharing/>

or search for 'Your NHS data matters'.