

Your health records contain a type of data called confidential patient information. This data can be used to help with research and planning. You can choose to stop your confidential patient information being used for research and planning. You can also make a choice for someone else like your children under the age of 13. NHS Digital will never sell your data. There are strict rules about how NHS can use your data. It's only shared securely and safely. Shared data helps the NHS. It has been used to find the first treatment for coronavirus and for vaccine research.

If you're happy with your confidential patient information being used for research and planning, you do not need to do anything. Any choice you make will not impact your individual care. Please click on the link to find out more and opt out if you wish to do so.

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