

National Data Opt in or Opt Out

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.

Manage your choice

You may use our online service on www.nhs.uk/your-nhs-data-matters , or request a print-and-post form, to make or change your choice at any time. If you do not wish to opt out, you don't have to do anything at all.

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).