

## National Opt-Out

The NHS uses information about patients (patient data) to research, plan and improve:

- the services we offer
- the treatment and care patients receive

We get this data from your GP surgery, hospitals, and other healthcare providers. The organisation that collects your data is called NHS Digital. To help improve services, NHS Digital shares this data with researchers from organisations such as universities or hospitals. This type of data-sharing has been happening for many years. All data that is collected and shared is protected by strict rules around privacy, confidentiality, and security.

You can choose whether or not your data is used for research and planning. There are different types of data-sharing you can opt out of.

1. Stop your GP surgery from sharing your data. This is called a Type 1 Opt-out.

To do this you need to fill in an opt-out form and return it to your GP surgery. [Download a Type 1 Opt-out form](#) Only your GP surgery can process your opt-out form. If you choose a Type 1 Opt-out, your GP will not share your data for research and planning. However, NHS Digital will still be able to collect and share data from other healthcare providers, such as hospitals.

2. Stop NHS Digital and other health and care organisations from sharing your data for research and planning. This is called the National Data Opt-out. [Download this form here](#).

To opt out online or find out more, visit [Make your choice](#). If you choose this opt-out, NHS Digital and other health and care organisations will not be able to share any of your personal data with other organisations for research and planning, except in certain situations. For example, when required by law. If you want to check if you have opted out, you can enter your details in the NHS App.

[You can opt out, or opt back in again, at any time.](#)