**LOSTWITHIEL MEDICAL PRACTICE:**

Anyone who would like to, can opt-out of the NHS data sharing agreements.   There are two agreements, the Type-1 sharing agreement and the National Data sharing agreement

**Type-1 data Agreement**

You can tell us, your GP practice, if you do not want your confidential patient information held in your GP medical record to be used for purposes other than your individual care. This is commonly called a type 1 opt-out.  In order to opt out, we will need you to complete a very short form.   If you do want to opt out of record sharing, please feel free to complete and return the attached form  either by email, by post or at reception.  We will ensure that your medical record her eat the surgery is updated to reflect your wishes.

**National Data Agreement**

You can choose whether your confidential patient information is used for research and planning. To opt out of National Data sharing, you will need to visit this website: <https://digital.nhs.uk/services/national-data-opt-out>.  The process is very quick.  You will need your name, Date of Birth and EITHER your NHS number or your Post code.

**Further information**

Full details on what information would be shared, how it would be shared and the security involved can be found here: <https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-collections/general-practice-data-for-planning-and-research>