Changing your Data Sharing preference via the NHS App

Log on to the NHS app

Navigate to ‘Your Health’
Scroll down to the last option with ‘Your Health’

Choose if data from your health records is shared for research and planning

Click the last option ‘Choose if data from...’
Overview

Choose if data from your health records is shared for research and planning

— Overview
— How confidential patient information is used
— When your choice does not apply
— Make your choice

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.

Your choice will only apply to the health and care system in England. This does not apply to health or care services accessed in

Scroll to the bottom of the page

Click ‘Next’
How confidential patient information is used

Choose if data from your health records is shared for research and planning

Overview
How confidential patient information is used
When your choice does not apply
Make your choice

The NHS collects confidential patient information from:

- all NHS organisations, trusts and local authorities
- private organisations, such as private providers providing NHS-funded care

Scroll to the bottom of the page

Click ‘Next’
When your choice does not apply
Choose if data from your health records is shared for research and planning

— Overview
— How confidential patient information is used
— When your choice does not apply
— Make your choice

If you choose to stop your confidential patient information being used for research and planning, your data might still be used in some situations.

When required by law

Scroll to the bottom of the page

Any choice you make will not impact your individual care.

You’re choosing if data from your health records is used across the health and care system in England.

You’re not choosing if the NHS App uses your data.

Click ‘Start now’
The default will be set to share your confidential information, click ‘Change’ to update your preferences.

Select ‘No’ and ‘Submit’ if you wish to Opt-Out
Your preference for the Sharing of your confidential information has been update to **Opt-Out**

You can return to the app at any time to change your preference again.