

# Sharing your information to improve care

We are making sure that whether you are visiting a GP, attending hospital, being seen in the community or at home by a care professional, that everyone knows the care you need and how you want to be treated.

## What's Shared

The information collected includes:

- your name
- address
- your date of birth
- your NHS number
- details of your health and treatment

## The Benefits

You can talk to your health and care professional about sharing your information but here are some of the benefits:

- You only need to tell your history once.
- You avoid unnecessary appointments and tests.
- You can be more involved in decisions about your care.

## Your choice

You can choose whether to share your information and who can see it. If you, don't want to share, please tell your GP, or contact us on the details below.

We also share information (without your personal details) to help with research and planning, and to improve local health and care services for the people of North West London.