**National Data Opt-Out**

The national data opt-out is a service that allows patients to opt out of their confidential

An opt-out is set by the patient themselves and cannot be set by the practice; this can be done online [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters) or via the telephone or print-and-post service. Previous ‘type 2’ opt-outs were converted, and patients informed by letter from NHS Digital. Type 2 opt-out codes must no longer be used (since 11 October 2018).

You can change your choice at any time.

To find out more or to make your choice visit [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters) or call

0300 303 5678