

# You and your data

Hi! I'm you in data form. Let's find out what good I can do!



What is my health data?

Anytime you interact with the NHS, for example during an appointment with a GP, or with a nurse in a hospital, they will record information about you. For example, you might discuss how you are feeling, and they will note it down, or you might have your blood pressure measured and the results added to your file.



Why does the NHS have personal data on me?

Each NHS or social care service that you use stores its own record about you electronically. Personal data included in your health records are things like your name, NHS number, or your address. This information is used to identify you, to contact you, and to link records from different places together.



Why is it good to share our health data?

When doctors and researchers bring our health data together, they can find new patterns and trends to improve the understanding of diseases and disability, and to develop new treatments and technologies. This data can also be used to plan healthcare services for all our future needs.