

# Using your Health Data for Planning and Research

Information about your health and care helps the NHS to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

It can also help research organisations to explore new treatments or make discoveries.

You can decide that you do not want your information to be used in this way.

There are two main options;

**Option 1: Opting out of the GP Data for Planning and Research (GPDDR)**  
Formally known as GPES.

This means you don't want your data to be **extracted from your GP clinical system** and used for Planning

and Research Purposes. You can opt out at any time but opting out before the end of August 2021 will mean your data is not extracted by the new process. Opting out after that date will mean that no further extractions will occur. See [NHS Digital](#) to find out more.

**Option 2: Opting out of NHS Digital using or sharing your health data (held by any provider, not just your GP), for Planning and Research purposes.**

You can opt out at any time. See [Your NHS Data Matters](#) to find out more.

[Other supporting patient information and resources, also available in other languages, are available here](#)

### **How do I Opt Out?**

To opt out of your data leaving the GP Practice for Research and Planning (Type 1), just contact your GP practice by phone, email or post and let us know.

To opt out of your health data being used or shared by NHS Digital (Type 2), you can;

#### **Call**

The phone number is 0300 303 5678 – Monday to Friday, 9am to 5pm (excluding bank holidays).

## **Write**

National Data Opt Out

Contact Centre

NHS Digital

HM Government

7 and 8 Wellington Place

Leeds

LS1 4AP

## **Email**

[enquiries@nhsdigital.nhs.uk](mailto:enquiries@nhsdigital.nhs.uk)

## **Online**

<https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/>