

# How We Share Your Health Information

Your GP record contains important information about your health, such as your medical history, medications, allergies, and test results. Sharing this information securely helps NHS staff provide you with safe, joined-up care. Below is an overview of how your information may be shared and your rights.

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## 1. GP Connect

GP Connect allows authorised NHS staff (such as NHS 111, hospitals, and community services) to securely view parts of your GP record when they are involved in your care.

- **What is shared?** Medications, allergies, test results, consultations, referrals, and immunisations.
  - **Who can see it?** Only staff directly involved in your care.
  - **Can you opt out?** Yes – contact the practice to opt out.
  - **More info:** <https://digital.nhs.uk/services/gp-connect/gp-connect-in-your-organisation/gp-connect-privacy-notice>
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## 2. Summary Care Record (SCR)

Your SCR is a national summary of key health information created from your GP record. It helps NHS staff in other settings (e.g. hospitals) provide safer care.

- **What is shared?** Basic details (medications, allergies) and, if you agree, additional information.
  - **Can you opt out?** Yes – contact the practice to opt out.
  - **More info:** <https://digital.nhs.uk/services/summary-care-records-scr/additional-information-in-scr>
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## 3. NHS Research and Planning

Sometimes, information from your health record is used to help the NHS plan services or carry out research. This is usually done using anonymised or pseudonymised data.

- **What is shared?** Health information that does not identify you.
  - **Can you opt out?** Yes – via <https://www.nhs.uk/your-nhs-data-matters/overview/>
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## 4. Personal Demographics Service (PDS)

The PDS is a national NHS database that holds basic information like your name, address, and NHS number. It helps match you to your records across the NHS.

- **Can you opt out?** No, but you can request restricted access in certain cases.
- **More info:** <https://digital.nhs.uk/services/personal-demographics-service>

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## 5. Local Shared Care Record (Plexus)

The Sussex Shared Care Record (Plexus) allows health and care professionals across Sussex to view information from your GP record and other providers.

- **What is shared?** Medications, allergies, test results, care plans.
- **Can you opt out?** Yes – contact the practice.
- **More info:** <https://www.sussex.ics.nhs.uk/our-work/our-priorities/digital/plexus-care-record/plexus-shared-care-record-partners/>

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## 6. System to System Sharing (EMIS-to-EMIS / TPP-to-TPP)

Some GP practices use the same clinical system and can securely share your record with other organisations using that system if you are receiving care from them.

- **What is shared?** Your full GP record or selected parts.
- **Can you opt out?** Yes – contact the practice.

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## 7. Patient Online Services

You can view parts of your own GP record online using the NHS App or other approved apps.

- **What is shared?** Medications, allergies, test results, appointments.
- **Who can see it?** Only you (or someone you authorise).
- **Can you opt out?** Yes – you can choose not to register or withdraw access.

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## 8. Pseudonymised Data

Pseudonymised data is used in Sussex to help improve services. Your personal details are replaced with a code so you cannot be directly identified.

- **What is shared?** Pseudonymised health and care information.
- **Can you opt out?** Yes – via <https://www.nhs.uk/your-nhs-data-matters/overview/>