

# Exercising my Right to Opt Out

Dear Doctor,

I would be grateful if you would ensure that none of my records held by you are entered onto the national system. Would you please also file or scan a copy of this letter in my records and also record my dissent by entering the Read code '**93C3 -Refused consent for upload to national shared electronic record**' into my computer record. I am aware of the implications of this request and will notify you should I change my mind.

This request is itself confidential. Please do not divulge my decision, in an identifiable manner, to anyone other than to clinicians who are providing care to me and who might otherwise place information about me on the national care records service.

Further information for GPs is available online at [www.TheBigOptOut.org/for\\_GPs](http://www.TheBigOptOut.org/for_GPs)

Yours sincerely,

Signature: .....

Name: .....

Address: .....  
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Date of Birth: .....