

# Sharing your information to improve care

We are making sure that whether you are visiting a GP, attending hospital, or being seen in the community or at home by a care professional, that everyone knows the care you need and how you want to be treated.

## Your choice

You can choose whether to share your information and who can see it. If you do not want to share, please tell your health or care organisation providing care to you.

## The Benefits

You can talk to your health and care professional about sharing your information but here are some of the benefits:

- You only need to tell your history once.
- You avoid unnecessary appointments and tests.
- You can be more involved in decisions about your care.

We also share information (without your personal details) to help plan and improve local health services for the people of North West London.

Visit our website: [integration.healthiernorthwestlondon.nhs.uk](https://integration.healthiernorthwestlondon.nhs.uk)  
or email: [share4care@nhs.net](mailto:share4care@nhs.net)

Talk to your health or care professional providing care to you.