

More about your health record

Information about you is shared routinely among the professionals involved in your care. For example:

If your GP refers you for specialist care, they will pass on relevant information about you.

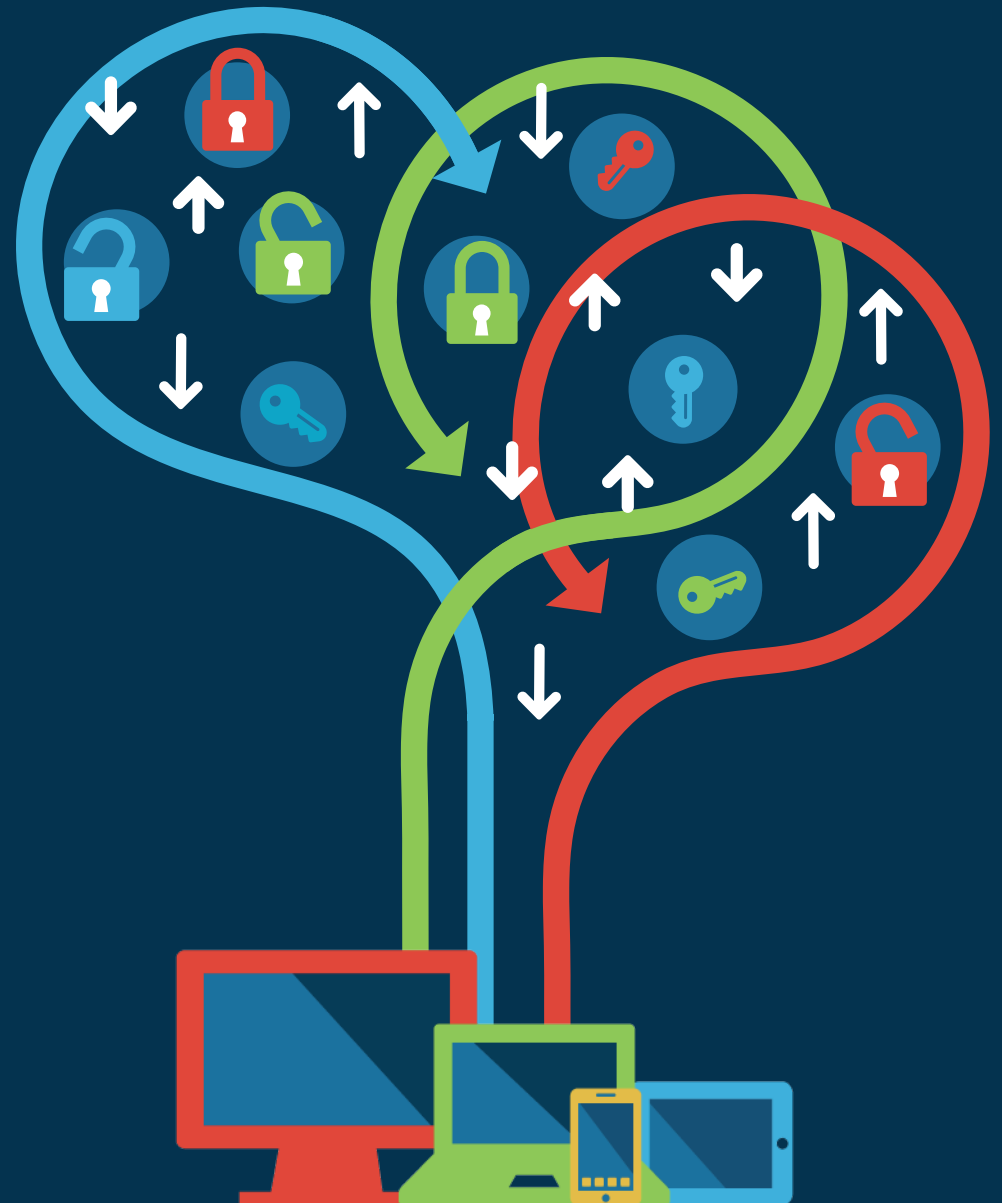
Pharmacists may access your medication records when undertaking prescription reviews or answering queries regarding your medication.

Receptionists also have access to carry out tasks such as processing prescriptions, delivering test results, and directing you to an appropriate health professional.

All staff receive regular training to ensure your information is kept securely and confidentially in line with UK data protection legislation.

If you require further information please speak to your practice or visit our website

igdc.gig.cymru/fyiechydarlein
dhcw.nhs.wales/myhealthonline



Keeping your information safe and secure

Your health information is important and you should keep it as safe and secure as your bank account details. When you have a My Health Online account you should create a strong password that you don't use for anything else.

Keep your password secret, don't share it with anyone else and change it regularly. Don't enter your password when others can see what you are doing.

Always update your computer, tablet and smartphone's operating system and web browser software. Use anti-virus software to protect your devices, and think about protecting your mobile phone, laptop or computer with a passcode or PIN.

Take extra care if you use a shared computer or email account. Make sure you log out each time you use My Health Online, so that no one else can see your personal information or can change your password without your knowledge.

How do I share my records safely?

If you want others like your family or carers to look at your GP online records you will need to ask your surgery to give the person you choose

to share your records with their own username and password. They will then use this to look at your GP records. Only do this if you really trust the person you are giving access to. You should not share your login details with anyone.

Before you share your records with anyone else consider whether it's in your best interests and what they might do with the information. Think carefully about what sensitive information may be in your records and how you would feel if it was shared.

If you have doubts, don't share.

What if you are pressured to share your records?

If you feel that you are being pressured to share your records by a family member, partner, friend or carer tell a health professional.

Are there times when I have to share my record?

You can refuse to give access to your records to anyone outside the NHS, unless your information has to be shared by law. If the police, any other person or organisation wants to see your records without your consent, they must get a court order. This is only granted in exceptional circumstances.



PASSWORDS: DO'S AND DON'TS

DO choose a password with a minimum of eight characters

DO make sure it has a mix of UPPER and lower case characters, numbers and keyboard symbols

DON'T use your name, family names, pet names or birth dates

DON'T use the word Password

DON'T use a sequence of numbers, e.g. 1234, 4321