**CEDAR BROOK PRACTICE**

**Your NHS Data Matters**

The NHS wants to make sure you and your family have the best care now and in the future. Your health and adult social care information supports your individual care. It also helps us to research, plan and improve health and care services in England

The online service (link below) allows you to make or change your decision at any time.

<http://www.nhs.uk/yours-nhs-data-matters>

or call 0300 3035678