

You are unique - and so is your NHS Number



Find it.

The NHS Number makes it easier to find your health records and coordinate the care you receive. Using your NHS Number to identify you correctly is an important step towards improving the quality of your treatment and care.

Your unique 10-digit NHS Number will look similar to this example. **943 476 5870**

Use it.

You can find out your NHS Number by checking:

- . your medical card;
- . your prescription;
- . a recent letter or other document from the NHS; or
- . with the staff at your GP practice.

Your baby's NHS Number can be found in their red book (if they have one).

Share it.

If you know your NHS Number, you can help healthcare staff find your records more easily by showing your number to them at appointments or quoting it when you contact them.