



Access your  
personal health  
record online

Blood test  
results

X-ray and  
scan reports

Letters and  
discharge  
summaries

Appointments

Check-in at the kiosk, and update your  
email and mobile number. We'll send you  
an email and a text to help you register.



**Care**  
Information  
Exchange

[www.imperial.nhs.uk/my-records](http://www.imperial.nhs.uk/my-records)

# Your personal health record

You can access your personal health record online through our secure patient portal – the Care Information Exchange.

You can see your test results, hospital appointments and doctor's letters. You can also enter your own information such as symptoms you are experiencing and medication you are taking to provide a more complete record of your care.

You have the option to share your care record with your family, carers, your GP and other health professionals.

**'I can show my GP my latest blood test results. It saves time for both of us and we can make decisions about my care quickly.'**

David, a patient receiving treatment for type 1 diabetes at two hospitals

## How do I sign up?

Start the process by using our check-in kiosks when you come for your outpatient appointment.

If you provide an email address and mobile phone number, you will then receive an invitation email and an access code by SMS text.

## Is my data secure?

Yes, the portal is hosted in the secure NHS network. All information is encrypted, so only those who have consent can see your information.

**To find out more about the Care Information Exchange, visit [www.imperial.nhs.uk/my-records](http://www.imperial.nhs.uk/my-records)**

The Care Information Exchange was funded by Imperial Health Charity for the benefit of patients in north west London.



HELPING  
OUR HOSPITALS  
DO MORE