**How to sign-up for Online Services**

1. Inform us that you would like to start using online services. Either in person, on the phone, or via our website.

2. We will give you a short form to complete and sign to confirm that you agree with the information on the form.

3. We will then check that you are who you say you are. We will do this in one of three ways:
   - Photo ID and proof of address (a passport, driving licence and a bank statement or council tax statement).
   - If you do not have any ID and are well known to the surgery, a member of staff may be able to confirm your identity.
   - If you do not have any ID and are not well known to the surgery, we may ask you questions about the information in your GP record to confirm the record is really yours.

4. We will then email you a document with your unique pin registration document. It will also tell you about the website where you can log in and start using online services.

If you lose or forget your login details, go to the website and click the ‘forgotten details’ button and follow the instructions provided. If this does not work, please contact the surgery.

*The practice has the right to remove access to online services. This is rarely necessary but may be the best option if you do not use them responsibly or if there is evidence that access may be harmful to you. This may occur if someone is forcing you to give them access to your record or if the record contains sensitive information that may be harmful or upsetting. If we do decide to withdraw access we will explain our reasons for this and reinstate access as soon as possible if it is deemed appropriate.*

**Website:** www.carntocoast.co.uk

**Email:** carntocoast@nhs.net
Access

Login Details
If you decide to register to use online services you will have a username and password, which you will need to use to log in. You should not share your login details with others. It is your responsibility to keep these details safe.

To protect others from viewing your records you should keep your password secret and not write it down. If you feel that you will forget your password if you do not write it down, record a reminder that will prompt you to remember your password rather than your actual password. This should always be kept in a safe and secure place.

If you think that someone has seen or has access to your password you should change it as soon as possible. If you are unable to do this for whatever reason you should contact the surgery so that we can remove online access until you are able to reset your password.

No one should force you to share your login details. If someone does pressurise you to share your details, contact the surgery as soon as possible.

Using a Shared Computer
You should take extra care when using a shared computer to access your medical records online. To protect your information from others when using a shared computer, you should:

- Be observant; make sure that others cannot see what is on the computer screen.
- Keep your login details secret, your records are personal to you and you would not want others to know how to access this information.
- Ensure that you log out when you finish looking at your records so that others cannot view your information or change your password without you knowing.

What can I access
You can have the option of accessing the following services:

Standard Access
- Booking Appointments online
- Viewing Medications Prescribed
- Requesting Repeat Medications
- Recorded Allergies

Additional Options
- View Clinical “Problems” list (key diagnoses on your record)
- View Immunisations
- View Test and Investigations Results

Why register for online access?

- You can look at your records whenever you want to. Online records are kept up to date and are more secure than paper records, which could be lost or seen by others.
- People that have long term conditions, such as hypertension or diabetes can view test results online.
- You can access your records before an appointment to find out if there is anything that you should talk about with your doctor or nurse (for example test results). This could enable you to discuss any concerns that you might have about information contained within your medical records.
- Online access allows you to make sure that your records are accurate. For example, if you have an allergy that is not recorded within your records, you will be able to inform the practice who will update your records accordingly.
- Accessing your medical records allows you to check that your vaccinations are up to date before going on holiday, rather than having to visit the surgery.

Things to consider
There are a few things that you should think about before choosing to register for online access to your records. It is possible that you may see:

- Information that you had forgotten about recorded in your records, which you may find upsetting.
- You may see test results before your doctor has spoken to you about them. This could occur if you are unable to contact the surgery or if the surgery is closed.
- If you think that you will be pressured into sharing your records, it would probably be best not to register for access to online services.
- Information in your records may not be accurate. If you find incorrect information you should contact the surgery as soon as possible.
- You may see information in your records about someone else. If you do see someone else’s information, please log out immediately and inform the surgery.