Dear [first and last name],

We have good news! From today, you can see your medical file online.

In your medical file, you will find:

* your doctor’s advice
* test results
* a list of your medication

You can look at this information about your health at home on your phone and computer. You will then have more information about your health. For example when you come to talk to us and to make decisions about your treatment.

Do you want to look at the information about your health on the internet? Read this email. We will explain how you can do this safely.

How do I log in?

You need to make an account to see your medical information. At [name doctor’s practice] you can login with [name PGO/HIS]. [Add a few sentences about the specific way of logging in, such as DigiD etc. etc.]

Is your information safe?

Only you, your doctor and your doctor’s colleagues can view your information. Your information is safe in your file. Other people cannot see it. When you log in, you will be able to see your medical information.

Be careful about sharing your information with others

You can show your medical information to other people. For example, your family or someone who helps you with your health. Never share your information right away. Carefully think about it first. Share your information only with people you know and trust.

Sometimes insurance companies or your workplace will ask for information about your health. You are not obliged to share this. But you can share your information if you want to. Never share your complete file. Only share the necessary information.

Do you have doubts about sharing your medical information with someone else? Talk with your doctor or the assistant. They will help you.

**Your information is personal. Never share your login codes with other people**.

More information?

[A few sentences to show where patients can find more information about viewing their information online/logging in etc.]

Kind regards,

[Name practice]