



research for the full telegraph.

Your NHS Number

Your NHS number is unique to you. It helps us identify you correctly and confirm your contact details remain current.

If you have not already given us your NHS number, please complete the form below and return to us in the envelope provided.

Name (print)

Date of birth

NHS number (10 digits long)



By telephone

If you prefer, you can give us your NHS number over the phone (this also saves the NHS money on postage costs).

Call the team on **0161 206 3636**