How to find your NHS number

What is my NHS number?
Everyone registered with a GP in England and Wales has their own unique ten digit number.

Why do I need my NHS number?
It helps healthcare staff find your health records. It will help healthcare staff share your records safely with other healthcare providers involved in your care.
It is important that once you obtain your NHS number you are able to provide it whenever you come into contact with healthcare providers.

How can I find my NHS number?
If you are registered with a GP practice you will already have an NHS number. It is printed on your medical card, prescription paperwork and referral letter. If you do not have any of these documents, next time you visit your GP you can ask them for your NHS number. They might ask you for proof of identification such as a photo driving licence or passport.
If you are not registered with a GP, you need to register with one to get an NHS number. You can ring 0800 78 333 96 to find out your nearest GP practice.
If you are not registered with a GP but think you have an NHS number, ring 0800 78 333 96 and inform them that you would like to know your NHS number. You will be asked for some personal details. Your NHS number will then be sent to you.
If you have an old medical card you will have an old-style NHS number with both digits and letters, this has been replaced by a ten-digit only number.

Babies
Babies born in England and Wales hospitals have an NHS number allocated to them at birth.
If your baby was born at home, an NHS number will be allocated when you go and register your baby's birth.

Cut out the box below to record your NHS number. Keep your NHS number safe.

This is your NHS number

Take this number with you whenever you visit your doctor or hospital