Forbrugerrådet's tips on how patients can better protect their medical data.

Be aware that…

1. Your medical data are stored not only in the hospital you are being treated in, but also in the numerous medical databases that are under the control of the government.

2. When admitted to a hospital, all of the doctors in that hospital can view your medical data.

3. Currently, only 1-10% of logs of doctors' access of patient data are audited, so the chances of malicious healthcare providers being caught are very low.

4. You can access your own medical files on Sundhed.dk using your digital signature to check for data accuracy.

Actions you can take to protect your medical data:

5. Currently, any Danish doctor can access your medical data on Sundhed.dk. If you do not want your medical information to be available in Sundhed.dk, you need to tell your doctor that you would like to keep your medical data confidential.

6. If there is an unauthorized access of your medication and hospital records, you will be sent a notification of the incident. At this point, you can file a complaint with the National Board of Health or report the incident to the police.

7. Be careful when using your CPR number as it links to various government databases, including healthcare. Since the CPR number acts as a universal identifier, it is prone to identity theft.

8. When admitted to a hospital, ask the healthcare provider treating you about who will have access to your medical data and how it will be used. When filling out the hospital paperwork, carefully read all the "Terms & Conditions" regarding giving healthcare providers consent to look at your medical data.