

# POLAR patient opt out (for Clinics)

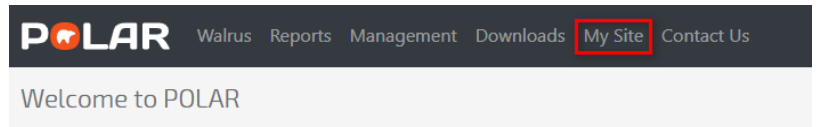
Time estimate for opting out a patient: Under 10 Minutes.

## Step 1

Make a note of the patient ID listed in the clinical software.

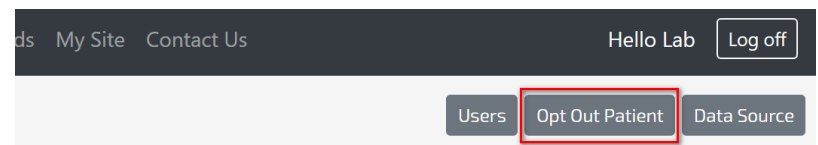
## Step 2

Once logged into POLAR explorer, navigate to 'My Site'.



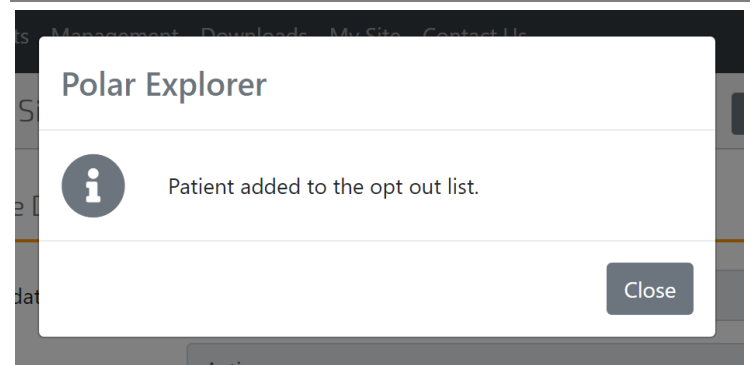
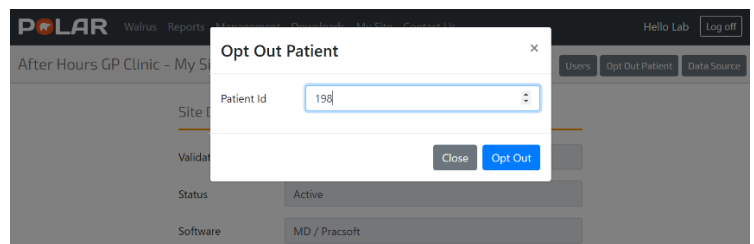
## Step 3

Then select "opt out patient" in the top right.



## Step 4

Enter the Patient ID identified in Step One and click "opt out".



**Important:** If you see a message like this. That means the patient has already been opted out. If you need to opt a patient back in, your PHN can help.

